THE CRAZY WISDOM COMMUNITY JOURNAL

Issue No. 33

INCLUDING A FREE CALENDAR OF LOCAL CLASSES, WORKSHOPS, AND EVENTS

MAY THROUGH AUGUST 2006

Doctors Amy Dean, Debra Alspector, Paul Thielking and Malcolm Sickels *(seated)*

Interviews with the Next Generation of Holistic Physicians

Rolfing in Ann Arbor -

A Profile of Leland Austin and an Interview with Janis M. Paul

Practitioner Spotlight:

Pregnancy and Infant Massage Therapist, Audrey Simon

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We look forward to working with you in the spirit of health. For descriptions and registration visit www.peacefuldraganschool.com and go to Harmony of Energy Center.

Sat., April 22, 1:00—4:00 PM
Chi-Do—Your Stress Reduction Toolbox
Presenter: Wasentha Young

Sat., May 6, 1:00—4:00 PM
Connecting With Your Inner Wisdom—A Women's Group Experience—Part 1
(Introduction to Shaminism based journeying and T'ai Chi interactive exercises)
Presenters: Vera Moura and Wasentha Young

Thurs., June 1, 6:00-8:00 PM
Expanding into Energy Pathways (Yoga and Acupressure)
Presenters: Greg Knollmeyer and Wasentha Young

Sat., June 3, 10:00-4:00 PM
Connecting With Your Inner Wisdom—Part 2

Sat., June 10, 1:00-4:00 PM
Journey Into Meditation (Introduction to Yoga Nidra and Qigong Meditation)
Presenters: Ema Stefanova and Wasentha Young

Sat., July 8, 10:00-4:00 PM
Connecting With Your Inner Wisdom—Part 3

July 22-23 Weekend Retreat
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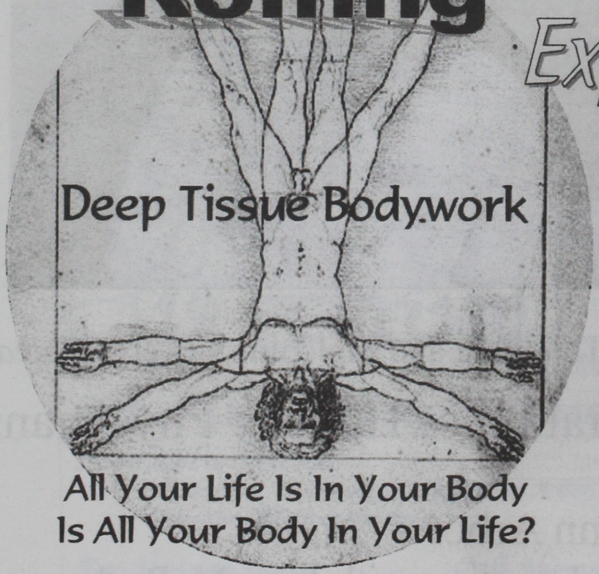

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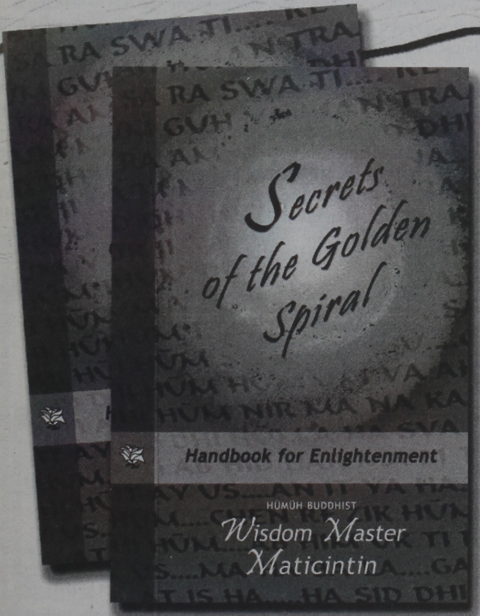
Handbook for Enlightenment



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Practitioner Spotlight:

Audrey Simon, Massage Therapist

Specializing in Pregnancy Massage and Infant Massage Classes

Photography by Tobi Hollander

Audrey Simon

by Sarah Newland

At 28 weeks pregnant, I was faced with an imminent deadline of reviewing and writing about a local bodywork practitioner. Slightly overwhelmed by the many demands of the day, my natural inclination was to phone Audrey Simon, a massage therapist well known locally for her skill and experience at helping to de-stress expecting women. I was so joyful when Audrey returned my call the very same day, willing and happy to be interviewed. An Ann Arbor practitioner specializing in pregnancy and infant massage for over 14 years, I knew well of Audrey's esteemed reputation from other women, but had yet to visit her myself for bodywork.

Pregnancy massage is a specialty therapeutic bodywork focusing on the unique needs of the mother as her body undergoes the dramatic changes of the childbearing experience. This massage can relieve stress and pain from the lower back, pelvis, and ankles; help maintain good posture; provide relaxation and deep calm; reduce swelling; and provide emotional support through nurturing touch. Often a woman's body image suffers during this time. Nurturing touch can help ease fears and anxiety, and can make a woman feel beautiful again. Since I became pregnant, my body had not felt like the body I recognized as my own. I had pain in my sacrum, consistent difficulties with my stomach and digestion, as well as very deep, overall fatigue. I was more than looking forward to this healing, relaxing session.

Audrey Simon has been a massage therapist for 27 years, with a longtime private practice in downtown Ann Arbor. She is a Certified Pregnancy Massage Therapist and member of the National Association of Pregnancy Massage Therapists and Associated Bodyworkers and Massage Therapists, with an extensive background in Polarity Therapy in the tradition of Dr. Randolph Stone. Primarily, she provides one-hour therapeutic massage to pregnant women designed to meet each woman's particular needs, along with emotional support as well as recommendations for other connections within the community for the childbearing year. A wonderful resource, she can help you and your baby become as healthy as possible with herbal, homeopathic, and natural lifestyle advice. With the belief that touch is medicine, Audrey feels massage takes us to our bodies and makes us aware of ourselves in such a way that nothing else can. Trained with a true integration of body, mind, and spirit, Audrey feels there is no separation between her work, her spirituality, her community, and the way in which she chooses to live her life.

I met Audrey perhaps ten years ago through Crazy Wisdom. She is an engaging, vital woman who emanates good energy and health. With lively red, short hair and a radiating, bright smile, she makes you feel at ease very quickly. Free of jewelry, make-up, and artifice, she welcomed me into her cozy office, lovely with its soft peach walls and maple floors. The general feeling I had of her as well as her space was that image is much less important than substance, that there is no effort to try to be anything that she isn't. Clean and practical without any tone of being overly "new age", Audrey's straightforward confidence reveals her solid experience and depth. She speaks with clarity and frankness about her work and her life. Interested in the specifics of my pregnancy thus far, she asked about the particular discomforts I had and how I was feeling at that moment. I was curious what "type" of massage she practices, and her response was that her work has truly become a blend of her own, not fitting within any one category. With a Deva Premal cd playing in the background, our session began.

During the later months of pregnancy, it had been pretty difficult for me to get comfortable while lying down. Audrey provides wonderful pillows and towels to help support your body, and she knows how to use them well. While lying on my side, she started working on my back, legs, and neck, with specific focus on why my sacrum often felt painful and tight. Her touch was strong, moderate, and not too slow. Using only pure almond oil, her strokes felt soothing and calming, and I began to feel my body sink into the massage table. While lying there, I realized how long it had been since I had felt really good, since my body was truly relaxed and at ease and at home with itself. Audrey switched sides for a time, and then reclined me on my back to work on my chest, arms, hands, face, and feet. She even massaged my neck, which I'm usually tentative about because of my ongoing discomfort from a car accident years ago. At the end, she applied arnica gel to the areas that had been sensitive to prevent any discomfort the following day (which worked). She knew where I had been tight. She knew which areas were delicate for me, without me having to say a word. Her touch was skilled, responsive, and adapted to what I needed and what felt best. It was an hour-long session and, as with all really good massages, was over far too soon. Before she even finished, I resolved to return again before my baby's birth.

When asked why she does what she does, she brightened and smiled and said, "It's delightful! Pregnant women are beautiful. It's fun, blessed, sweet work! I get to earn a living and serve. And what could be better than working with infants?" Although offering massage primarily to pregnant women, Audrey also sees non-pregnant women as well as children of any age. She is deeply passionate about her infant massage classes, which I attended and enjoyed seven years ago with my first baby. Her main goal with these month-long classes is to help create a healthy attachment between parents and their babies through nurturing, consistent touch. She believes from birth through age five, our experiences act as the foundation to who we become. Healthy attachment creates healthy adults, with touch being the primary sensory perceptor. When a baby is neglected through lack of touch or uncaring touch, the immune system weakens, confidence weakens, relationships and even their connection to God suffers throughout childhood and into adulthood. She also stresses the importance of simply spending time with your baby – slowing down, becoming relaxed and less goal-oriented. Sit on the floor and play with your baby – *for hours*. Don't worry if your house needs cleaning. It can wait. Drive the speed limit. Breathe. Enjoy each precious moment. Anyone with children knows how quickly they grow and change. Audrey was inspiring to me as I faced the anxiety of having a baby in the midst of an already full and busy life.

What does her future hold? More massage. More healing. She truly loves what she does, although she imagines herself moving towards working more with high-risk infants, perhaps in neo-natal intensive care units. Her longterm focus is to help these brand new little beings who need it most. She would be such a gift to them. Currently, her office is in a beige house at 400 North First Street. If you're pregnant, she would love to see you, and you will not be disappointed. If you have a friend or daughter who's expecting, treat her to a session with Audrey. Her schedule is very flexible in order to meet with women when they have time. She recommends a massage at least once per month during pregnancy, and more often only increases its benefits. She offers one-hour sessions for $75. Children's massages are half the time and half the price. Her infant massage classes begin monthly, meet once per week for two hours, and cost $90 for four weeks. For more information, see her listing under Infant Massage in the Calendar section of this Journal or visit her new website at www.audreysimon.net. To schedule an appointment or for a gift certificate, phone 734-741-9706. Thank you to Audrey! It was wonderful to meet with you.

YOUR HEALTH EDUCATION CONTINUES

3RD TUESDAY OF THE MONTH AT 7:00 P.M.
AT THE HOLIDAY INN ON PLYMOUTH ROAD & US-23

MAY 16 - RESPIRATORY ALLERGIES
JUNE 20 - STRESS AND ADRENAL BURNOUT
JULY 18 - NATURAL BEAUTY SECRETS FROM WITHIN
AUGUST 8 - LEAKY GUT SYNDROME

TO REGISTER, PLEASE CONTACT THE SPEAKER:
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So Much of Who I Am is Because of My Mother
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Since 1982, Crazy Wisdom Bookstore has served as a center of information in the subjects of holistic health, bodymind therapies, psychology, Buddhism, spiritual development and consciousness. *The Crazy Wisdom Community Journal* is intended to provide information about the terrific array of opportunities for persons seeking psychological and spiritual growth and physical well being. The **deadline for free calendar submissions** for the September thru December 2006 issue is **Wednesday, August 2,** and the **deadline for paid advertising is Wednesday, August 23.** The issue will be distributed starting the end of August 2006. 5,000 copies of *The Crazy Wisdom Community Journal* are printed, and they are available at our bookstore as well as at more than 45 other locations in and around Ann Arbor. Our phone number is 734-665-2757, and we're located at 114 South Main Street, Ann Arbor, Michigan 48104. Our web address is: www.crazywisdom.net

The Crazy Wisdom Community Journal is published seasonally by Crazy Wisdom, Inc. Copyright © Crazy Wisdom, Inc.— April 2006. No parts of this publication may be reproduced for any reason without the express written approval of the publisher. Back issues of this publication are available, for $8 per issue. Crazy Wisdom Bookstore was founded in 1982. It has been owned since 1989 by Crazy Wisdom, Inc., which consists of Bill Zirinsky and Ruth Schekter, husband-and-wife.

This issue of **The Crazy Wisdom Community Journal** was organized and edited by Bill Zirinsky. Production and Design Editor: Molly Nuzzo. Calendar and "Bios" Editor: Sarah Daher. Artwork in this issue: Alexis Napier-Short and Sara Van Zandt. Photography: Linda Lawson, Nina Hauser, Kris Doten and Tobi Hollander. Cover photograph by Linda Lawson. Poetry Editor: Sarah Daher. Staff Writer: Sarah Daher. Writers for this issue: Petula Brown, Lani Kwon Meilgaard, Matthew Muth. Advertising representatives: Sarah Daher, Bill Zirinsky. The quotes used in the calendar section were found in the book, *Sunbeams,* by Sy Safransky. This book is available at Crazy Wisdom Bookstore.

Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make recommendations as to any or all of them, or to be responsible for the acts or omissions of anyone listed.

Rena Greenberg to appear at Crazy Wisdom Bookstore
Saturday, June 17 at 2:00 p.m.

Presentation and Book Signing with Rena Greenberg, author of *The Right Weigh: Six Steps to Permanent Weight Loss Used by More Than 100,000 People.*

Come meet and talk with the author of *The Right Weigh: Six Steps to Permanent Weight Loss Used by More Than 100,000 People. The Right Weigh* is a unique 35-day, five-step approach to weight control that combines both a practical and a spiritual approach. Rena Greenberg addresses the importance of making changes in your diet and activity level—and makes it easy for you to do so—but she emphasizes what most diet books overlook: how to do the inner work necessary to change the very way you think about food.

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Calendar Highlights for May – August 2006

1) Silat Tuo: Spiritual Dance of Sumatra
Weekly on Mondays and Wednesdays — (See Dance & Movement)

2) Celtic Shamanism Training with Tom Cowan
May 12-14 — (Shamanism)

3) Weekend Workshops with Jain Master Chitrabhanu
May 12-14 and August 11-13 — (See Jain Teachings)

4) Ann Arbor Book Festival
May 13 — (See Ad on Page 48)

5) End-of-Life Care Conference – Integrating Complementary and Alternative Therapies
May 19-21 — (See Death & Dying)

6) Transformational Music from Ecuador
May 27 — (See Music and Sound)

7) Medicine for the Earth Workshop
June 10-11 — (See Medicine for the Earth)

8) Elizabeth Cunningham, Author of *The Passion of Mary Magdalen*, at Crazy Wisdom
June 17 — (See Author Receptions, and Ad on Page 48)

9) Rena Greenberg, Author of *The Right Weigh: Six Steps to Permanent Weight Loss*, at Crazy Wisdom
June 17 — (See Author Receptions, and Ad on Page 5)

10) Solstice Drumming Circle at Crazy Wisdom
June 20 — (See Drumming)

11) The Word, the Image, the Story: Tools of Transformation Workshop with Jan Phillips
July 7-9 — (See Personal Growth)

12) Zen Buddhist Temple's Annual Summer Lecture Series
July 9, 16 and 23 — (See Buddhist Teaching)

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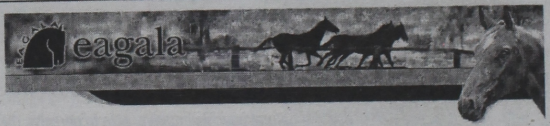

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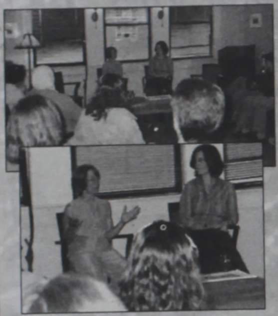

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- Power Animals

6 Thursday evenings • April 27-June 1
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WHEN: June 16th(7pm–10pm)
June 17th & 18th(10am-6pm)

WHERE: Earhardt Manor
4090 Geddes Rd.
Ann Arbor, MI 48105

CONTACT : nannie maxwell
734-846-3724 or email:
nanniemaxwell@yahoo.com

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Brenda Morgan, PhD
Spiritual Catalyst & Mentor

Brenda has been blessed with a spiritual transformation which began in 1989 with **Inner Enlightenment/No Mind Within**. Since that time, her spiritual state has deepened: during silent meditation the **Witness Position** is sustained and shared. These evenings have been set aside for those interested in either exploring and/or connecting to someone who is in a spiritually transformed space. Brenda continually explores how to communicate this transformation with those who have a connection with the world and wish to continue to interact with it as they evolve. Her own transformation occurred while still in relationship with the world with a concomitant slowing down within her being as she became aligned to the Holy Spirit.

A GATHERING IN SPIRIT

Evening Meditation & Dialogue for the General Public with Brenda Morgan
May 4th, June 1st, July 6th and August 3rd
7 - 8:15pm Love offering/donation

Friday Evening Spiritual Seminars & Meditation
with advanced practitioners Tom Egan or Susan Fancy

Tom Egan

Tom Egan and Susan Fancy, through Loving Attention to What Lives Us all and with the Divine Help of Michael Silverman and Brenda Morgan, were blessed in 2005 with **Inner Enlightenment/No Mind Within.**

Susan Fancy

May 12 "Homework On The Inner Planes For Spiritual Opening" with Susan Fancy
June 16 "The Journey Of Enlightenment: A Walk Through The Stages Of Spiritual Development" with Tom Egan
July 21 "Being Afraid Of Yourself Is Not The Answer" with Susan Fancy
7 - 9pm $35 / person

EVENTS LISTED ABOVE HELD AT FRIENDS MEETING HOUSE
1420 Hill Street, Ann Arbor, MI

MAINSTREAM & MYSTERY FESTIVAL
with local and national speakers and presenters (call for talk schedule)
June 4th, 11am-7pm

Lectures, presentations and private sessions with mainstream and alternative helpers, local and national, providing a cross-section of services (natural building and landscaping, acupuncture, map readings, feng shui for heart and home, Reiki, flower essences, animal communication, spiritual shamanism, shiatsu, past life readings, intuitive health readings, etc.) for your human and spiritual evolution. Brenda will share a public meditation and dialogue at 6:30pm. **Held at the Holiday Inn, Ann Arbor.** $5/person, children under 12 free.

"IN THE MIDST OF EVERTHING" SUMMER RETREAT
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with Brenda Morgan, PhD and Advanced Practitioners
August 26, 27 and 28 at the Inn at Bay Harbor, Bay Harbor, MI.

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For pre-registration, further information, flyers on all events: 734-665-0536

What's New in the Community

by Sarah Newland

This regular column features new happenings within our Ann Arbor holistic community, including new practitioners to the area, new and interesting work being done, special opportunities offered or items otherwise of note to folks like ourselves. If you would like to submit information to be considered for the next issue of the Crazy Wisdom Community Journal*, email sarah@crazywisdom.net in text format by July 15, 2006.*

Adrian and Laura Kate Astrakhan married at Crazy Wisdom!

Crazy Wisdom Bookstore and Tearoom held its first wedding ever! Laura Kate Young and Adrian Astrakhan were married in the Crazy Wisdom Community Room the afternoon of Wednesday, March 15, 2006. Because of their love for the store, they felt it would be a wonderful place to exchange their vows with a small ceremony. We were honored to have them here. Congratulations and best wishes from all of us!

Volunteers are needed for chair massage at Arbor Hospice Residence. Are you a massage therapist who has two hours a month to volunteer? Arbor Hospice is a place where people give their all to support a peaceful and dignified death. The staff and families of the residents could really use your healing touch. If you are interested, contact Holistic Health Practitioner Linda Diane Feldt, who has agreed to recruit volunteers for this program. Chair provided. All we need is you. For information, contact 734-662-4902 or feldt@holisticwisdom.org.

Linda Diane Feldt was recently appointed as an adjunct instructor for The College of Pharmacy, an exciting opportunity for a community practitioner who is a non-pharmacist to teach. The reactions of students so far has ranged from great enthusiasm and a desire to learn more about herbs to those who feel that any study of herbs is a waste of time. Acting as a bridge between conventional and alternative approaches, Linda Diane feels honored to carry out this three-year appointment. For more information, go to http://pharmacy.umich.edu/morenews/college/herbalist_lectures.html.

Gaia Center for Holistic Studies and private practitioner **Mary Light**, ND, MH, LMT, have found a new home in Freedom Township, located between Ann Arbor and Chelsea, amid 800 acres of private woodlands and meadows on Scio Church Road. Mary Light is an herbal consultant, natural healer, massage therapist, and energy worker, and heads Gaia Center for Holistic Studies. Health services, programs, and classes include the Medicinal Herbalist Certification program beginning the end of April, featuring a workshop with registered herbalist and author Matthew Wood, a 40-foot medicine wheel garden being created by apprentices, and a curriculum for students to create their own apothecary products. Gaia Center's herbal pharmacy and dispensary serves the public by appointment and registration, with private sessions and consultations available. For more information, contact 734-769-7794 or www.gaiahealingarts.org.

Sahaja yoga meditation classes are now being held at Crazy Wisdom Community Room. This meditation involves the awakening of the Kundalini to achieve union with the all pervading power of God and helps one get in touch with one's real self. Using simple techniques, one can clear all problems or blockages of the chakras to achieve physical, mental, emotional, and spiritual balance. Sahaja yoga meditation was founded by Shri Mataji Nirmala Devi and is now followed in over 90 countries. Lead by teacher Ruchi, this group has had a regular meditation class at Washtenaw Community College for five years, with centers in Farmington Hills, Sterling Heights, Pontiac, and Dearborn. Everyone is welcome and there is no cost. For more information, contact www.michiganyoga.com or www.sahajayoga.com.

Vajrayana Buddhist Center will be holding regular meetings on Wednesday evenings during the months of May and June in the Crazy Wisdom Community Room. In addition to the ongoing meditation class, which starts at 7:00 p.m., they are now offering a chanted prayer session from 6-6:45 p.m. The sadhana, "Heart Jewel," will be recited entirely in English. It includes two practices that are the very essence of the New Kadampa Tradition of Mahayana Buddhism. The meditation class will be taught by Gen Kelsang Khedrub or one of his senior students. Gen Khedrub, a western Buddhist monk, is resident teacher of Vajrayana Buddhist Center in Chicago. All classes and chanted prayers are held on a drop-in basis and everyone is welcome. $10 suggested donation per evening. For more information, contact Christine Jach at 248-444-4633 or www.meditateinmichigan.org.

Sissel Bridges is now offering unique workshops involving quilting and knitting. Originally from Norway, Sissel introduced Emotional Quilting workshops in Ann Arbor since November of 2005. This is a system to find out where one is in life and where one wants to go, and to clarify and focus one's life intention. "Emotional quilting is an easy, fast, and effective system for piecing the areas of your life together to get the life you want and deserve." The nine areas included are mental, physical, spiritual, family, relationships, time for self, social life, work/school/retirement, and money management. Also offered is a Knitted Memory Quilt workshop involving the same concepts as well as the meditative qualities of the process of knitting. For more information, contact 734-340-3766 or sissely@aol.com.

Michael Andes, MSW, now offers Neurofeedback Training as a major component to his counseling practice. This is an approach to change that can be employed for life enhancement and addressing problematic symptoms. It can augment traditional psychotherapy and other approaches to healing. The process is known to assist in reducing or even eliminating the need for medication. Symptoms that can be cleared include depression, anxiety, ADD and ADHD, obsessive-compulsive disorders, bipolar disorder, sleep disturbances, migraines, chronic pain, SADS, behavioral problems, and PMS. Trainees typically report greater clarity, calm, effectiveness, and self-assurance. The number of trainings needed is time-limited. For more information, contact 734-662-5215 or mandes@comcast.net.

Robin Becker is now offering Continuum Movement workshops in the area, a movement technique based on the understanding that we are fundamentally fluid organisms. Continuum Movement offers knowledge about your own body that will inform all other practices, such as yoga, nature, general fitness or dance. The primary focus of Continuum is to enliven, join with, and augment the creative potential of the fluids that form, inform, and move within us. This movement does not teach or prescribe a system of movement that one must follow and learn. Instead, it is a personal exploration of one's own movement, including breath and sound practices. A workshop will be held May 5-7 at Ann Arbor Yoga and Health Spa. For more information, call Elaine Economou at 734-255-9110 or elaine_economou@hotmail.com.

Authentic Connections Coaching is now offering transition coaching designed for divorced women. Following divorce, the challenges looming often obscure visions of possibilities and options available to women. Through coaching, a woman can discover who she is as a single individual and create her path for the future. Owner Diane McCarthy, LMSW, is a trained coach and member of the International Coach Federation, with over 10 years experience working with single women. Diane focuses on helping individuals move beyond limitations and embrace change. Her other specialties include relaxation coaching and relationship coaching. For more information, call 734-975-6888 or visit www.dianemccarthy.com.

Rena Greenberg, certified hypnotherapist, neurolinguistic programming practitioner, and biofeedback therapist, has published a new book titled *The Right Weigh: Six Steps to Permanent Weight Loss* through Hay House Press. Rena has conducted wellness and weight control seminars in over 70 hospitals, including Saint Joseph Mercy Hospital, for over 15 years. Her approach to weight loss includes mind, body, and spirit, helping clients to break old mental programming that gets in the way of success. *The Right Weigh* is a unique 40-day, six-step approach to weight control that combines both a practical and spiritual approach, with advice on how to do the inner work necessary to change the way you think about food. Using self-hypnosis, neurolinguistic programming, and a technique called "remembrance," you'll find yourself craving healthier foods with stronger will power, and helps you change your perceptions of yourself by strengthening your spiritual nature. "Everything anyone needs to know and do to lose weight and keep it off joyfully and healthfully. This book is a treasure!" writes Christine Northrup, author of *Women's Bodies, Women's Wisdom.* For more information, contact 800-848-2822, www.easywillpower.com or wellnessseminars@aol.com.

Barbara Scholz, certified intuitive counselor and practitioner in Ann Arbor, has been selected to be one of 16 staff members of Donna Eden's new certification program. Donna, author of *Energy Medicine*, offers a two-year course that covers all basic and advanced materials that she offers, except grid repair. There will be four classes each year, held in Florida's Sanibel area. The 16 faculty members for the program have been selected from Eden's advanced practitioners around the country. Barbara has been sharing Donna's healing techniques through classes and private sessions for the past seven years. Barbara is also a trained medical intuitive and archetypal counselor from working with Caroline Myss and Norm Shealy. To reach her, contact 734-645-7828 or bscholz@comcast.net.

Julie Neese, CMA, CMT, has recently opened her own massage practice, Neese Holistic Therapies, at State Street and Eisenhower. Neese has more than 24 years of health care experience in a wide range of medical specialties. She graduated from Irene's Myomassology Institute in Southfield in 2000 and offers deep tissue, relaxation, Shiatsu, Reiki, and other bodywork techniques to her clients. Neese believes strongly in the mind, body, spirit connection and her study of the natural healing arts is ongoing. She is a member of the American Massage Therapy Association. To schedule an appointment, call 734-646-2710.

Todd Kanahele Sargeant of The Joyful Body has recently become nationally certified in therapeutic massage and bodywork. Also a Grandmaster in the Healing Arts of Reiki, he offers instruction and attunements in the effective and powerful healing arts of both Reiki and Seichim. In his capacity as Shifu of Tai Chi and Chi Kung, Todd holds Breathing-as-Meditation and Chi Kung classes. He is also facilitating Circle of Energy gatherings at The Joyful Body. These meetings are opportunities for those who have studied energetic bodywork with him to share their experiences, information, and energy. These free meetings are designed to promote individual, community, and global awareness of energetic bodywork. The Circle of Energy meetings are open to other energetic practitioners willing to embrace the process of sharing their unique offerings in an atmosphere of camaraderie and equanimity. For more information, contact 734-827-2639; todd@thejoyfulbody.com.

Ann Zalek *(left)* and Kathryn Hannan *(right)* of TheraCare Therapeutic Massage and Healing Arts Center

TheraCare – Therapeutic Massage and Healing Arts Center opened its doors in April with nationally certified massage therapists and associates Kathryn Hannan and Ann Zalek. Massage modalities include deep tissue work, body readings, sports massage, and inter-oral TMJ musculature work. They also provide a lighter touch with Swedish massage, spa treatments, reflexology, craniosacral/Reiki blend therapy, and Reiki energy work. Each session is unique and tailored to fit the client's individual needs. Reiki and massage-related classes also taught at TheraCare. Call Ann at 734-255-0403, Kathryn at 734-748-4564 or visit www.theracaremassagetherapy.com.

Dave Storer has established creativity coaching, offering 12-week classes and day-long workshops on creativity skills for writers. He teaches how to break through the resistance to write, how to connect deeply with your creative self, how to organize yourself to write, develop your focus, strengthen your commitment, and how to process criticism. Free one-hour individual coaching session to find out what creativity coaching can offer. For more information, call 734-663-5790 or www.thecreativitycatalyst.com.

Mahendra Ramsinghani of Saline is now offering Vedic Astrology readings. These horoscope analyses include matters related to relationships, career, finances, and health. To get started, Mahendra requests your name and date, time, and place of birth. After several hours of concentrated effort to complete the analysis, Mahendra meets one-on-one with clients to share the wisdom of his readings. His fee is an honorarium to a charity of his choice (an orphanage). Mahendra belongs to the Systems Approach to Vedic Astrology school of practitioners and is a member of International Institute of Predictive Astrology. For more information, contact mahendra_gr@yahoo.com.

Paul Adcock of Redford just completed **Unity Foods**, a holistic website to empower the community with information, inspiration, community contact, and life force nutrition. As Crazy Wisdom Bookstore is listed in the links section, I checked it out. His website includes recipes, articles, products, and a farmers market finder, and is a Superfood Supply Source for Nutritional Life Force with a "commitment to supply certified organic or wild-crafted products with all living enzymes intact." For more information, visit www.unityfoods.com or contact paul@unityfoods.com.

Wasentha Young and Ema Stefanova are combining their experience during a weekend retreat, July 22nd and 23rd, by instructing Qigong and Yoga Nidra to promote a powerful and deeply relaxed connection to one's authentic being. Qigong offers moving and standing meditation techniques to awaken the senses of the body/mind relationship and one's connection with nature. During Yoga Nidra, one appears to be asleep, but the consciousness is functioning at a deeper level of awareness. Weather permissible, portions of this workshop will be presented outdoors. Ages 14 and up are welcome. For more information, call Harmony of Energy Center at 734-741-0695 or visit www.peacefuldragonschool.com or www.yogaandmeditation.com.

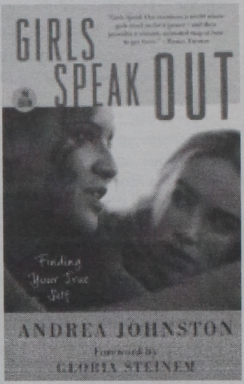
Ema Stefanova of Yoga and Meditation in Ann Arbor has created a new yoga and meditation study group that meets regularly, and is open on a membership basis. She continues to offer yoga and meditation classes, workshops, and special programs for continuing education credit for yoga teachers. Some residence and other apprenticeships available. For more information, call 734-665-7801 or visit www.yogaandmeditation.com.

University of Michigan Museum of Art is offering a special travel opportunity. 2006 is the centenary of the French painter Paul Cezanne's death. Mark the occasion by joining a trip sponsored by UMMA and the Matthaei Botanical Gardens to Provence and the French Riviera the week of September 1-8. Pay a visit to the artist's centenary exhibition in Aix-en-Provence and retrace Cezanne's steps through places he immortalized. The trip will include accommodation at four-star hotels in Aix and Nice as well as a number of meals. Space is limited and available to members of UMMA or the Matthaei Botanical Gardens at the $100 membership level or above. For complete information, contact Alisha Faciane at 647-2064 or affenty@umich.edu.

SOS Community Services responds with care and respect to families in need by working in partnerships that result in economic, family, and residential stability. Learn about SOS Lifelines by taking a tour, offered the fourth Thursday of every month from 6:00-7:00 p.m., including May 25. Get an in-depth look at the challenges of fighting family homelessness with a discussion led by staff and board members. How else can you make a difference? Organize a food drive for the SOS Emergency Food Pantry; partner with SOS to provide field trips for children's programs or employment opportunities for parents looking to make a change in their lives; volunteer as a crisis counselor, food distribution counselor, child care provider, after-school tutor, transportation helper, special events assistant, community outreach assistant or office/mailings helper; or make a financial contribution. No experience is necessary! Community involvement makes SOS possible. For more information on how to help, contact Donna at 734-961-1210 or volunteer@soscs.org. To learn more about SOS tours, contact Kathryn at 734-961-1207 or kathrynt@soscs.org.

What's New at Crazy Wisdom

by Sarah Newland

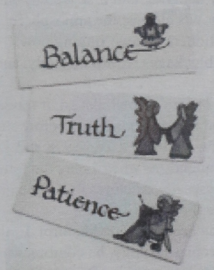


We are so happy to have created a brand **new book section for Teens and Preteens**! A long time in the making, this consolidated section now has over 70 titles devoted to youth ages 10 and up. Topics are varied, including fiction, personal stories, health, magic, astrology, feng shui, and wicca, written specifically for a youthful audience. Located on the south wall in the middle area of the bookstore, we hope to continue to expand this growing section. Books on parenting teens are still located upstairs in the Parenting section.

We featured Aura-Soma practitioner Victoria Silks in the last issue of the *Crazy Wisdom Community Journal*. We now carry **Aura-Soma products**, including 50 ml. chakra equilibrium bottles for $35 and pomander essences for $30. They are beautiful and healing combinations of flower and mineral essences with fragrant oils and purified waters. You can find them in a glass case near the front counter. Testers available.

Our Tea Room still serves delicious vegetarian food from Seva, including soups, quiches, and entrees, and we now have a regular weekly special. Our new special dessert is Vegan Cheesecake with Blueberry Sauce. In May, we will introduce Apple Pecan Spice Cake. Also in May, we will offer drink specials, including Chocolate Peanutbutter Pie Cappuccino, Amaretto Mint Latte, Raspberry Chocolate Cappucino, and Iced Vanilla Latte. Our special tea blends for May will be Mr. Shakepeare's Evening Blend, an herbal floral mix with spicy tones and a hint of ginger, and China Rose with Cinnamon Iced Tea. For detailed information on availability, phone our Tea Room directly at 734-665-9468.

The month of May is our **third annual music and audio sale**! Hundreds of shrinkwrapped as well as opened cds will be hugely discounted, with most at the price of $3.00 each. Don't miss out! They go very quickly...



New items to the store include the **Original Angel Cards Special 25th Anniversary Expanded Edition**. If you've purchased anything at the store for the past 15 years, you have probably noticed the collection of small white cards on the front counter, measuring just 1 inch by 2 inches. These angel cards have a single word printed on them – such as joy, wisdom, healing, love, awakening – and have been chosen and replaced in the cup by many customers and staff each day over the years. We call it our "Angel Card for the day" and can be thought of as inspiration, insight or intention. They have recently been released in a 25th Anniversary Edition, which includes 20 new cards, stickers, a carrying case, and a flip top box for $11.95. A store favorite for years!

The wonderful **Putumayo World Music** label has also recently released several new titles, including Turkish Groove, Paris, The Carribean, and Reggae Playground. We carry over 40 Putumayo cds, including many children's titles. The music is so varied, and the collections so well put together, I've seen most everyone on the staff play these fun, diverse cds regularly. They are the beginnings of an education of different cultures in and of themselves. (My favorite is still Samba Bossa Nova.) $15 each.

Summer Reading Recommendations from the Staff of Crazy Wisdom Bookstore

Each spring and summer, we're asking our bookstore staff to suggest one of their favorite titles to recommend to customers! Find them featured in the front of the store.

Alexis: *Be Here Now* by Ram Dass
Bill: *No Time to Lose: A Timely Guide to the Way of the Bodhisattva* by Pema Chodron
Carol: *The Passion of Mary Magdalen, A Novel* by Elizabeth Cunningham
Chris: *Synchronicity: Through the Eyes of Science, Myth, & the Trickster* by Alan Combs
Diane: *Some People Say that God Is No Laughing Matter: An Artist's Observations & Objections on the Spiritual Path* by Julia Cameron
Hannah: *The Four Agreements: A Practical Guide to Personal Freedom* by Don Miguel Ruiz
Jodi: *Rat Scabies & the Holy Grail: Can a Punk Rock Legend Find What Monty Python Couldn't?* by Christopher Dawes
Nancy: *Crossing Into Medicine Country: A Journey Into Native American Healing* by David Carson
Ruth: *Remarkable Trees of the World* by Thomas Pakenham
Sara VZ: *Archangels & Ascended Masters: Guide to Working and Healing with Divinities and Deities* by Doreen Virtue
Sarah N: *Ordinary Wolves* by Seth Kantner
Victoria: *Naked Angels: Kerouac, Ginsberg, Burroughs* by John Tytell

Crazy Wisdom Reviews

by Sarah Newland

NEW MUSIC:

Golden Spa Tones cd by Dean Evenson and Walter Makichen

Tibetan Singing Bowls with Flute and Ocean

from Soundings of the Planet, $15.98

Created specifically for spa treatment rooms, healing, yoga, and meditation, Golden Spa Tones includes alto and silver flutes, Tibetan singing bowls, bells, gongs, and ocean recordings. Ethereal tones of Tibetan singing bowls gentle soothe the soul like a massage for the spirit. These magical sounds create a sense of relaxation by dissolving patterns of stress and worry. Flute and bowls effortlessly take you to a divine inner place of acceptance, balance, and peace. Gentle ocean waves and the earth resonance frequency deepen the experience to a contemplative Alpha state.

Tibetan singing bowls were originally used by monks as an aid to meditation practice. These bowls, created by hammering an alloy of up to twelve different metals, create a rich blend of harmonic overtones when lightly struck by a wooden mallet. This sound can bring both hemispheres of the brain into synchrony, providing a sense of harmony and balance through a calm, serene state. In this way, sound becomes the bridge to uplifted consciousness. After playing and hearing hundreds of singing bowls with my work at Crazy Wisdom Bookstore over the years, I finally chose one for myself just last year and have found it to be very soothing for my daughter and I, as well as our home enivronment. Feng Shui practitioners feel singing bowls cleanse the atmosphere of unhealth and stagnant energy. Other healing arts practitioners believe singing bowl vibrations help heal people both physically, by removing blockages within the body, and spiritually, by moving energy within the chakras.

Musician Walter Makichen says, "The first time I heard a bowl played, it transported me to a place of relaxation and awareness that I had never experienced before. It was like being touched by a divine light. I began working with the bowls in 1978 and have a collection of over 60 bowls, bells, and gongs. My intentions when I play the bowls are to provide a clear channel of healing energy that bypasses the strictures of dogma and doctrine and allows a person to enter the pure consciousness of light."

Dean Evenson is a sound healing pioneer who has been creating his form of healing music since 1979. With a Masters Degree in Molecular Biology, he combines his artistic and scientific backgrounds to explore and develop the principles of sound healing. A prolific musician, Evenson has produced dozens of albums over the years.

I've listened to several Tibetan singing bowl cds, and Golden Spa Tones is now one of my favorites. The sounds are balancing, tranquil, and elevating, and I play it repeatedly without tiring of it. It is an unusual recording because of its slightly Western bent as well as the unexpected pairing with ocean sounds. The tranquil rhythm of the sea carries a deeply calming effect like no other. Its combination with the lovely, layered sounds of singing bowls, bells, and gongs will bring you to a state of quiet awareness and peace. This cd is highly recommended for meditation, bodywork, and yoga; however, please do not listen to while driving because of its profoundly relaxing effects.

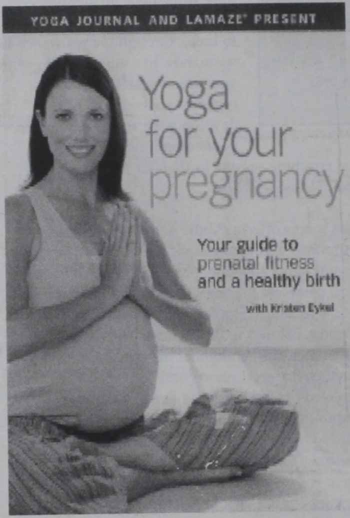
NEW DVD:

Yoga for Your Pregnancy dvd with Kristen Eykel

Your Guide to Prenatal Fitness and a Healthy Birth

from Yoga Journal and Lamaze, $19.95

When I was 20 weeks pregnant, my body felt the effects of neglect. Four months of nausea, daily pain surrounding my readjusting sacrum, and the inability to digest any food well besides fruit, I longed for my set-aside regular yoga practice. Nothing felt good. I had no energy for anything beyond my work at Crazy Wisdom and taking care of my seven-year-old. When she went to sleep at 7:00 p.m., I wanted nothing but to crawl into bed, too. Eventually, I knew things had to change. I knew I needed something different, something more, to feel better in my body and to reestablish connection between all that was happening to me physically with my deeply spiritual feelings about bringing a new soul into the world. The blessing of growing and birthing a baby has been the most immensely profound experience of my life. And yet much of this time was spent feeling the deep fatigue and powerful (and uncomfortable) changes occuring within my body.

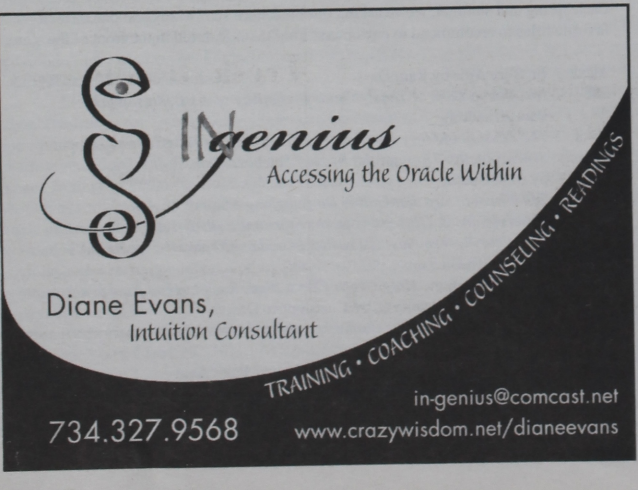


At 23 weeks pregnant, I watched the *Yoga for Your Pregnancy* dvd. To get my courage up, I just *watched* it, from the couch, to see how I felt. I missed my flexibility, my arched camel pose, my long-held tree pose, and the serene high I always felt every time I practiced yoga. I haven't relied on dvds over the years for inspiration, but I found myself sitting there - inspired and ready. The next night, feeling pretty good with enough energy to stay awake for thirty extra minutes, I gave it a try. The dvd includes several practices, the main two being a 30-minute energizing and strenghtening session and a 15-minute relaxing session. My favorite is the longer practice, and includes gentle, flowing movement to help build strength and stamina, and to alleviate discomfort often caused by pregnancy.

After that first evening, I was hooked. I felt better during the sesion and after. It was as if the benefits built upon one another each day with continued practice. I looked forward to it every evening and my devotion to it felt like a gift. After three weeks, my body felt changed in subtle ways and obvious ways. I had energy in the evening. My sacrum hurt only very occasionally. My legs regained their flexibility. I felt more at home in my body, more centered and settled and solid. Mostly, I felt grateful that I was moving again, and in ways that didn't make me feel ill. I knew each yoga session was helping me become more healthy again.

Kristen Eykel is a skilled yoga for pregnancy teacher. Her voice and instructions are clear and simple with a lovely tone. This dvd features two students, one in her first trimester and one two weeks away from her due date, which I liked as it showed what was possible while being very pregnant. One of my main concerns before practicing yoga again was that I wasn't certain what poses were safe for me and my baby. Kristen gave me confidence to move in healthy and strong ways, and to use muscles I had neglected during the first few months of pregnancy.

Yoga for Your Pregnancy also includes pranayama breathing techniques, a meditation session, yoga for the birth process, and a postnatal yoga practice, which I'll be sure to use. This dvd is filmed in a very positive atmosphere, with pretty surroundings and quiet, soft music. The practices also seem perfectly suited to beginners as well. I'm so grateful for this dvd and recommend it to any woman for a stronger, healthier, and more balanced pregnancy.



Writers/Journalists/Essayists Wanted
We're interested in journalistic articles, fiction and non-fiction stories, personal essays, commentary, thought pieces, interviews with mind-bending individuals, and other flotsam. For more information, or to suggest story ideas, contact Bill Zirinsky at bill@crazywisdom.net or call him at the store at 734-665-2757.

Photographers Wanted
To take pictures for *The Crazy Wisdom Calendar*. Lousy pay, wonderful exposure. It's also fun and interesting to meet the people we take photos of: healers, authors, bodyworkers, psychics, professors, holistic and spiritual types, and other fringe elements! For more information, contact Bill Zirinsky at bill@crazywisdom.net or call him at the store at 734-665-2757.

Karlta Zarley, RN, PLC

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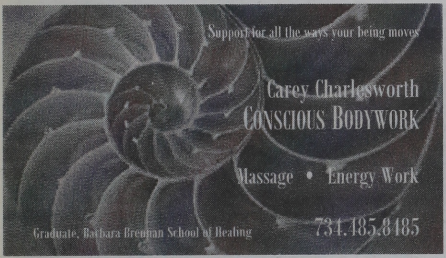

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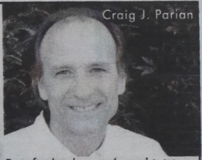

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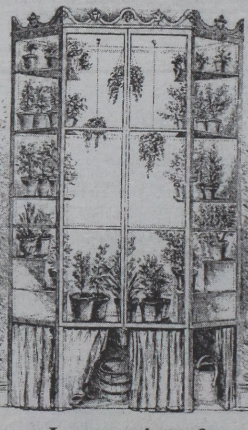

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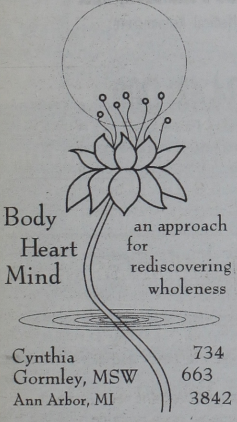

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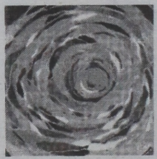

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The Crazy Wisdom Calendar

Acupressure, Shiatsu & Reflexology

Shiatsu: An Experiential Workshop with Craig Parian sponsored by People's Food Co-op • June 8, 7-8:30 p.m. at Crazy Wisdom Community Room • Participants will receive a basic understanding of the Oriental energetic map of the body (meridians) used in acupuncture and shiatsu bodywork. Experience self-applied techniques and stretches for stimulating chi (life force energy) to address bodily imbalances. Bring a blanket or mat. Free. Call 994-4589; education@peoplesfood.coop.

Shiatsu for Health and Vitality with Cynthia Conklin of Eastern Sun Shiatsu • May 23, 7-9 p.m. at Crazy Wisdom Community Room • Learn what is involved in receiving and giving the Japanese healing art of shiatsu. Cynthia will provide a brief overview of the principles and techniques that make up this wonderful healing art and demonstrate them with participants. She will also teach shiatsu techniques for self-care and to practice on friends or family. Bring a blanket and wear comfortable clothes. $5 includes handouts. Call 213-1773; info@easternsunshiatsu.com.

Foundations of Shiatsu: Technique and Theory Part I with Craig Parian at the Ann Arbor Institute of Massage Therapy • May 19, 20, 21; 8:30-5 • This introductory course of the Japanese healing art of shiatsu is a system for healing and health maintenance. Originating in 2500 BC, it is still widely practiced. In class, the student will learn basic oriental philosophy, meditation guidelines, location of meridians, as well as basic acupressure that can be integrated into other massage work. This workshop is open to the public. No prior massage experience is necessary. $350 or $235 for AAIMT graduates. 21 CE credits. Call 677-4430 or fax 677-4520; info@aaimt.edu.

Foundations of Shiatsu: Technique and Theory Part II with Craig Parian at the Ann Arbor Institute of Massage Therapy • Aug. 12 and 13, 8:30-5 • Synergy and balance. Merging Eastern modalities into Western bodywork, students will come away with greater depth in the ability to develop treatment continuity and creativity when working with specific problems. This will extend treatment possibilities for the head, neck, shoulders, and back. $330 or $280 for AAIMT graduates. 20 CE credits. Call 677-4430 or fax 677-4520; info@aaimt.edu.

Adoption

Nurturing Connections: An Open-Hearted Adoption with Lisa Gayle • May 25, June 1, 8, and 15; 7-9 p.m. • This four-session series is designed for adoptive parents in any stage of the adoption/post-adoption process. We will develop subtle skills that enhance our ability to provide a safe, nurturing sense of connection for our children. The class draws on information from a wide range of fields that explore human health and consciousness including meditation, physics, early childhood development, and craniosacral therapy. Skills developed include deeply settling ourselves, making healing contact with others, mirroring, and containment. $75 per family. Single parents are encouraged to bring a support person. Call 994-6172; lisasgayle@comcast.net.

Angels

Audience Angel Reading with Elaine Grohman • May 11, 7-9 p.m. • Group audience angel reading to receive divine messages. $30. Call 248-855-3456; egrohman@twmi.rr.com.

Animal Healing

Animal Healing with Ray O. Golden of Center for Intuitive Health • June 10, 11, 12; Saturday 7-9 p.m., Sunday 10 a.m.-6 p.m., Monday 7-9:30 p.m. • This class is oriented toward working with animals. The first day is the Traditional Reiki One class. The second day is focused on using Reiki with animals. Only people are to attend the class. For cost, call 663-9724; intuitivehealth@aol.com.

Animal Healing Course with Self Realization Meditation Healing Centre • June 10 and 11, 10-5 • A course for all who care about and want to help animals. The course will show you how to transform your love of animals into healing for them so that your natural compassion can take a practical step forward. We will look at theory and ground rules for this natural system of healing and carry this through with a good deal of practical work with animals. $185 includes lunches. $229 includes lodging and full board. Call 517-641-6201; SRMHCMichigan@CS.com.

photo by Kris Doten

A long time meditator of Zen shikan taza and Jain mantra meditation, **Nirmala Nancy Hanke, M.D.,** is a student of Chetana Catherine Florida and Jain Master Gurudev Shree Chitrabhanuji. She teaches beginning and advanced meditation classes at the Lighthouse Center. She is also a Reiki healer.

"Meditation is my passion, meditation is the touchstone of my life. No matter what I'm doing—psychotherapy, Reiki, teaching meditation, being a mother, a friend—meditation guides and transforms me, teaching me to be patient, to really listen, to be true to myself, to enjoy life, to be present, to come from my heart. Meditating, listening to the Divine within, gives the gift of awareness, which becomes the freedom to choose and create my life. All these blessings of meditation are not just for me, but for everyone who meditates."

Animals & Spirit

Spiritual Evolution of the Animal Kingdom with Betsy Adams • July 8 and 9, 11-5 at Crazy Wisdom Community Room • The animals, too, have their own evolution. What is the older way of evolving? And now, what is the newer way of evolving? How does this relate to our human evolution, spiritually? $85 for one day or $150 for both. Call 475-4230; betsyadamssedona@aol.com.

Pony Camp for Children Ages 5-14 at Hold Your Horses Farm • June through August; Tuesday, Wednesday, Thursday; 9:30-1:30 • Small groups of 6-8 children learn riding skills and horse art in a fun, homelike atmosphere with two ponies. $80 for three-day camp. Call Vicki Yelletz at 248-676-0963; vmyelletz@comcast.net.

Art & Craft

Drawing on the Dharma with Kathy Laritz of Jewel Heart • May 6, 1-4 p.m. • So many of us admire visual creativity by others yet set ourselves outside that circle. In this workshop, we will experience basic drawing techniques as well as discover how dharma principles open us to the creative potential within. This workshop is open to all levels of experience. Bring a large pad of paper and variety of pencils, charcoal, and erasers. $25 or donations welcome from Jewel Heart members. Call 994-3387 ext. 1, 2 or 3; www.jewelheart.org.

Natural Building Tour and Earthen Model-Making with Deanne Bednar • May 28, 2-5 p.m. • All ages day. Families welcome. Tour the Strawbale Studio and experience a Rocket Stove Heated Bench. Mix and make an earthen model to take home. $30. See website for discounts and details. Call 248-628-1887; ecoartdb@aol.com.

Healing Doll Playshop with Barb Kobe • July 14, 7-8:30 p.m.; July 15, 9-5; July 16, 10-3 • Dollmaker Barb Kobe will share the history, definition, and creative processes used to create healing dolls. You will then create your own healing doll during this weekend gathering. $100. Call Creative Spirit Center at 989-837-1885; creative@creativespiritcenter.org.

Fiberplay: A Summer-Long Fiber Art Celebration with Creative Spirit Arts Center • June, July, and August • Some of the most unusual fiber art and artists in and around the state converge in Midland. It won't be the gathering of grannies one might expect. Not a crocheted sock or knitted tea cozy in sight. A rainbow forest beckons exploration... knitted art in unearthly, unexpected forms... felted sculptures... sheep for you to sheer, workshops, playshops, knitted graffiti, papermaking, and many more events for adventurers of any age. Free exhibit open Monday-Friday, 9-5. Workshop prices vary. Call Creative Spirit Center at 989-837-1885; creative@creativespiritcenter.org.

Silkscreening Workshop with Shaqe Kalaj • One-day workshop of seven hours to be determined • In this intensive workshop, you will experiment with the different processes involved in this medium. From basic stencil to photo emulsion, silkscreening will be demonstrated in alternative artmaking practices to commercial purposes. Water-based paints will be used. $105. Call 734-634-8117; imshacha@provide.net.

Papermaking Workshop with Shaqe Kalaj • One-day workshop of three hours to be determined • Learn the process of making handmade paper that is rich in character. Exploration will be a key component. Instruction will be given on how to make paper out of vegetables. $50. Call 734-634-8117; imshacha@provide.net.

Sculptural Watercolor Bookmaking Workshop with Shaqe Kalaj • Two-day workshop of six hours per day to be determined • Create an accordion-style three-dimensional book that explodes with color. These books are simple in form but rich with possibilities of endless variation. Books are traditionally made to be read, but these books will fill your eyes with delight. $120. Call 734-634-8117; imshacha@provide.net.

Expressive Linocut Workshop with Shaqe Kalaj • One-day workshop of seven hours to be determined • Learn and experience how linocut can be a medium that is expressive and dynamic. Individually, you will work on a 9" by 12" linocut and, collaboratively, create a group woodcut. This class involves learning the process but also learning to speak through your inner voice. $90. Call 734-634-8117; imshacha@provide.net.

Open and Guided Art Class with Shaqe Kalaj • Mondays, 7-9:30 p.m. • This class has existed for eight years. It is made up of people who really enjoy making art while communing with others. The class is set up so the students have their own focus. Since this is a small class, you will learn techniques and concepts when you need them. Limited space. $80 for four classes. Call 734-634-8117; imshacha@provide.net.

Intuitive Painting Workshop with Shaqe Kalaj • Three-day workshop of four hours per day to be determined • The focus of this workshop is on accessing your inner world and expressing it in a way that is authentic to who you truly are. The class is for the beginner as well as the experienced artist. During this journey, you'll paint your birth then tap into your animal instincts and access the goddess within. $120. Call 734-634-8117; imshacha@provide.net.

Astrology

Astrology Basics with Linda Diane Feldt • June 3, 10-1 followed by lunch and free time • Imagine a Saturday that combines learning, good company, a nourishing lunch, and time for play – swimming, boating or just gazing at the water. The setting is a 100-year-old log cabin located on a lake. In this workshop, you will learn the basic chart components: houses, signs, planets, geometry, and aspects. We'll talk about how to use astrology in your daily life and the basis of the system. A perfect introduction class for beginners, and intermediate students who would like a slightly different perspective are also welcome. $45 includes lunch and natal, transit, and solar return charts. Barter arrangements available. Call 662-4902; feldt@holisticwisdom.org.

Thursday Gatherings for Astrologers and Friends with Bon Rose Fine sponsored by the Astrology Study Group of Washtenaw County • Every Thursday from May 4-Aug. 31, 6-9 p.m. • This summer, the astrological community plans to hold weekly meetings in order to trade readings with one another, or offer mini readings to the general public. They'd like to include other practitioners of the divinatory arts, such as psychics, numerologists, clairvoyants or tarot card, palm, tea leaf or rune readers, and invite them to join these gatherings. This is a welcoming environment to either do readings or enjoy stimulating conversation about metaphysical matters. No meeting Aug. 17. Cost varies. Call Bon Rose Fine at 434-4555; bonrosefine@comcast.net.

Studying for NCGR's Level 1 Exam with Shirley Gray sponsored by the Astrology Study Group of Washtenaw County • Date and time to be determined • Under the tutelage and coaching of a certified astrologer, members of the astrological community will be able to form a class and support group with the specific goal of being able to pass the first level exam required for eventual certification by the National Council for Geocosmic Research. Emphasis will be placed on chart calculation and astrological basics. $10-$20. Call Bon Rose Fine at 434-4555; bonrosefine@comcast.net.

Author Receptions

Presentation and Book Signing with Elizabeth Cunningham, author of *The Passion of Mary Magdalen: A Novel* • June 17, 11:30-1:30 at Crazy Wisdom Bookstore • Come meet and talk with the author of *The Passion of Mary Magdalen: A Novel*. This book, the centerpiece of The Maeve Chronicles, is Cunningham's fifth novel, and the book she believes she was born to write. Her other novels include *The Return of the Goddess: A Divine Comedy*, *How to Spin Gold: A Woman's Tale*, and *Daughter of the Shining Isles*, the prequel to *The Passion of Mary Magdalen*. With Station Hill Press, she has also published a collection of poetry entitled *Small Bird: Poems and Prayers*. Cunningham is currently at work on the third and final volume of The Maeve Chronicles, *Bright and Dark Madonna*. Free. Call 665-2757; info@crazywisdom.net or www.crazywisdom.net.

Presentation and Book Signing with Rena Greenberg, author of *The Right Weigh: Six Steps to Permanent Weight Loss Used by More than 100,000 People* • June 17, 2-4:30 p.m. at Crazy Wisdom Bookstore • Come meet and talk with the author of *The Right Weigh*. This book is a unique 35-day, five-step approach to weight control that combines both a practical and spiritual approach. Rena Greenberg addresses the importance of making changes in your diet and activity level – and makes it easy for you to do so – but she emphasizes what most diet books overlook: how to do the inner work necessary to change the very way you think about food. Using self-hypnosis, neurolinguistic programming, and a technique called "remembrance," this program shows you how to get past the obstacles that have held you back from losing weight and keeping it off. Free. Call 665-2757; info@crazywisdom.net or www.crazywisdom.net.

Author Readings at Shaman Drum Bookshop • 7 p.m. • Free. For events throughout the summer, call 662-7407; www.shamandrum.com.
May 24: Eric Spitznagel, author of *Fast Forward*
May 25: Hal Niedzviecki, author of *Hello, I'm Special*
June 7: Chuck Palahniuk, author of *Haunted*

Beauty

Drop-In Henna Tattoos with Kate Emens at Crazy Wisdom • Saturdays, 7:30-10:30 p.m. • No appointment needed. $5, $10 or $20 per tattoo depending on size and detail. Call 973-6722; kate@akshamhenna.com.

Bodywork and Body/Mind Therapies

Alexander Technique: Free Your Movement, Enhance Your Performance with Alice Greminger • Tuesdays, 6 p.m. or Sundays, 2 p.m. • Alexander students learn a process of changing how they move, freeing them from tension patterns and regaining freedom of movement, balance and support we all knew as children. Activities as varied as walking, computer work, performing, sports and injury prevention and recovery all benefit from Alexander study. Improve coordination while doing activities, freeing emotion and creativity. $10 per class or $50 for five-hour workshop. Free introductory class. Call 665-0849.

Trager Introductory Workshop with Eileen Dickinson through Ann Arbor Institute of Massage Therapy • July 14, 9:30-5 • This workshop focuses on self-care for the massage practitioner using principles of the Trager Approach. Movement explorations, both on and off the table, are demonstrated and practiced in a fun and supportive atmosphere. You will leave with ways to enhance the effectiveness of whatever technique you generally practice by finding greater ease for yourself. $95. 7 CE credits. Call 677-4430 or fax 677-4520; info@aaimt.edu.

Background and biographical information on most of the Teachers, Lecturers and Workshop Leaders in this issue of the Crazy Wisdom Calendar can be found on our website at www.crazywisdom.net.

Free Demonstration Rolfing Sessions with Leland Austin • June 10, 1-6 p.m. at Crazy Wisdom Community Room • Free Rolfing sessions to experience or observe. Traditional and less traditional sessions available. In addition to a traditional practice of Rolfing, Leland works with some clients to help them bring gentle awareness to different parts of their bodies to notice the subtle arising and unfolding of sensations and emotions. Working in this way develops an increased capacity for awareness and brings one into a more intimate experience of oneself as an embodied being. Free. Call 327-1066.

Cranialsacral Therapy for Parents with Linda Diane Feldt • May 20, 10-1 followed by lunch and free time • Imagine a Saturday that combines learning, good company, a nourishing lunch, and time for play – swimming, boating or just gazing at the water. The setting is a 100-year-old log cabin located on a lake. In this workshop, you will learn the basics and many uses of cranialsacral therapy, techniques you can use with your children, and have a chance to feel the cranial pulse. $45 includes lunch and handouts. Barter arrangements available. Call 662-4902; feldt@holisticwisdom.org.

The Crazy Wisdom Calendar

Book Discussion Groups

Crazy Wisdom Reading Circle • Friday, May 19; Friday, June 16; Tuesday, July 18; Tuesday, Aug. 15; 7 p.m. at Crazy Wisdom Community Room • Join our monthly Reading Circle at Crazy Wisdom Bookstore. Each month, a different book is chosen for reading and discussion. Purchase the book in advance for the discussion group and receive 30% off the purchase of the current month's title. May's selection will be *Cancer Made Me A Shallower Person: A Memoir in Comics* by Miriam Engelberg. June's selection will be *Healthy Aging: A Lifelong Guide to Your Physical and Spiritual Well-Being* by Andrew Weil. July's Selection will be *Why Birds Sing: A Journey Into the Mystery of Bird Song* by David Rothenberg. August's selection will be *The Promise of Energy Psychology: Revolutionary Tools for Dramatic Personal Change* by David Feinstein. All are welcome. Just show up! Call 665-2757; information@crazywisdom.net.

Breathwork

Transformational Breath Introductory Workshops with Julie Wolcott and Marcia Bailey • April 24, May 8, May 9, June 6, June 12, June 26, July 24, July 25; 7-10 p.m. • An introduction to the Transformational Breath, Judith Kravitz' approach to connected breathing. The Transformational Breath is a self-healing modality that can free up old, stuck, negative emotional patterns and through a process of experiencing full, open, connected breathing, integrate the mind, body and spirit at a higher vibrational level. Healing, joy and peace are common outcomes. This workshop is designed for those who are new to connected breathing as well as those who have already experienced a form of breathwork. The workshop will include a brief description of the Transformational Breath, a demonstration of breath analysis, and a group breathing session. $40 for each workshop. Call Julie at 426-4978; jlwolcott@aol.com or Marcia at 994-8989; jlwolcott@aol.com or mbailey@tm.net.

More Alive with More Joy through Transformational Breathing with Julie Wolcott and Marcia Bailey • April 24, May 8, May 9, June 6, June 12, June 26, July 24, July 25; 8-10 p.m. • Each of these classes is designed to empower participants in successfully using the Transformational Breath on a regular basis for self-healing. A 45-minute group breathing session will be offered, followed by an integration process after the breathing session This class is appropriate for those who have experienced one or more Transformational Breath workshops. $25 for each class. Call Julie at 426-4978; jlwolcott@aol.com or Marcia at 994-8989; jlwolcott@aol.com or mbailey@tm.net.

Transformational Breathwork Level 2 Weekend Training with Julie Wolcott and Marcia Bailey • May 19, 7-10 p.m.; May 20 and 21, 10-5 each day • This weekend Transformational Breathwork training is open to those who have experienced one or more Transformational Breath workshops or the equivalent. This training will include five full breathing sessions and related didactic material. The sum total of the weekend will demonstrate in a powerful way how you can bring vitality, joy, and health back into your life through the vehicle of the breath. Specific topics include an abundance program, the five rites, Byron Katie's The Work, bodymapping, toning, a forgiveness exercise, and positive intention setting. Personal coaching will invite a natural open flowing breath that will become a vehicle for transforming old suppressed, negative material. $500 for weekend seminar with partial scholarships available. Call Julie at 426-4978; jlwolcott@aol.com or Marcia at 994-8989; jlwolcott@aol.com or mbailey@tm.net.

Transformational Breathwork Level 3 Weekend Training with Julie Wolcott and Marcia Bailey • Aug. 11, 7-10 p.m.; Aug. 12 and 13, 10-5 each day • This weekend Transformational Breathwork training is open to those who have experienced several Transformational Breath workshops or the equivalent. This training will include five full breathing sessions and related didactic material. The sum total of the weekend will demonstrate in a powerful way how you can bring vitality, joy, and health back into your life through the vehicle of the breath. Specific topics include an abundance program, the five rites, Byron Katie's The Work, bodymapping, toning, a forgiveness exercise, and positive intention setting. Personal coaching will invite a natural open flowing breath that will become a vehicle for transforming old suppressed, negative material. $500 for weekend seminar with partial scholarships available. Call Julie at 426-4978; jlwolcott@aol.com or Marcia at 994-8989; jlwolcott@aol.com or mbailey@tm.net.

Buddhist Teaching & Buddhist Meditation

For related listings, please see "Meditation" Section

Huron River Sangha Meetings • Weekly • Huron River Sangha meets weekly to practice in the tradition of Thich Nhat Hanh. We offer sitting and walking meditation and dharma discussions. New participants welcome. Call Tiena Stone at 248-761-4456; tienastone@comcast.net.

Awakening Our Mind to Benefit Others with Christine Jach of Vajrayana Buddhist Center • May 3, 7-8:30 p.m. at Crazy Wisdom Community Room • Classes begin with a guided breathing meditation to help reduce stress from the day and to develop a peaceful mind. This is followed by a short teaching on an engaged mind of compassion that Buddha called bodhichitta – a mind that wishes to attain full enlightenment in order to benefit all living beings. Everyone welcome to attend. Preregistration not required. $10. Call 248-444-4633; annarbor@meditateinmichigan.org.

Giving without Complications with Gen Kelsang Khedrub of Vajrayana Buddhist Center • May 10, 7-8:30 p.m. at Crazy Wisdom Community Room • Classes begin with a guided breathing meditation to help reduce stress from the day and to develop a peaceful mind. This is followed by a short teaching on training the mind in giving, the first of the six perfections of a Bodhisattva. We all like to give, and Buddha teaches profound methods for learning to give with less fear and less complications. Everyone welcome to attend. Preregistration not required. $10. Call 248-444-4633; annarbor@meditateinmichigan.org.

Restraint without Fear or Guilt with Daniel Dixie of Vajrayana Buddhist Center • May 17, 7-8:30 p.m. at Crazy Wisdom Community Room • Classes begin with a guided breathing meditation to help reduce stress from the day and to develop a peaceful mind. This is followed by a short teaching on training the mind in moral discipline, the second of the six perfections of a Bodhisattva. We all agree that refraining from harmful actions is a good thing to do, but we can often suffer from fear and guilt as we try to do this. Learn Buddha's wisdom on how to solve this problem. Everyone welcome to attend. Preregistration not required. $10. Call 248-444-4633; annarbor@meditateinmichigan.org.

> Kindness is more important than wisdom, and the recognition of this is the beginning of wisdom.
>
> - Theodore Isaac Rubin

Flexibility in Benefitting Others with Christine Jach of Vajrayana Buddhist Center • May 24, 7-8:30 p.m. at Crazy Wisdom Community Room • Classes begin with a guided breathing meditation to help reduce stress from the day and to develop a peaceful mind. This is followed by a short teaching on training the mind in the moral discipline of benefitting others, the second of the six perfections of a Bodhisattva. Helping others is not always easy. It often requires great flexibility of mind. Learn Buddha's wisdom of the flexibility of helping others. Everyone welcome to attend. Preregistration not required. $10. Call 248-444-4633; annarbor@meditateinmichigan.org.

Understanding Anger with Christine Jach of Vajrayana Buddhist Center • May 31, 7-8:30 p.m. at Crazy Wisdom Community Room • Classes begin with a guided breathing meditation to help reduce stress from the day and to develop a peaceful mind. This is followed by a short teaching on training the mind in patience, the third of the six perfections of a Bodhisattva. Practicing patience is much more than gritting our teeth and putting up with things. It is a deep acceptance of things that allows us to act with more skill and effectiveness. Learn Buddha's profound approach to solving our anger and aversion. Everyone welcome to attend. Preregistration not required. $10. Call 248-444-4633; annarbor@meditateinmichigan.org.

Acting Out of Acceptance with Daniel Dixie of Vajrayana Buddhist Center • June 7, 7-8:30 p.m. at Crazy Wisdom Community Room • Classes begin with a guided breathing meditation to help reduce stress from the day and to develop a peaceful mind. This is followed by a short teaching on training the mind in patience, the third of the six perfections of a Bodhisattva. Practicing patience is much more than gritting our teeth and putting up with things. It is a deep acceptance of things that allows us to act with more skill and effectiveness. The second of two evenings on Buddha's profound approach to solving our anger and aversion. Everyone welcome to attend. Preregistration not required. $10. Call 248-444-4633; annarbor@meditateinmichigan.org.

Learning to Enjoy a Spiritual Practice with Gen Kelsang Khedrub of Vajrayana Buddhist Center • June 14, 7-8:30 p.m. at Crazy Wisdom Community Room • Classes begin with a guided breathing meditation to help reduce stress from the day and to develop a peaceful mind. This is followed by a short teaching on training the mind in joyful effort, the fourth of the six perfections of a Bodhisattva. Buddha defined effort as a mind that delights in virtue. Spiritual practice requires great effort, but pushing and pushing does not lead to realizations. Everyone welcome to attend. Preregistration not required. $10. Call 248-444-4633; annarbor@meditateinmichigan.org.

Why Can't We Relax? with Christine Jach of Vajrayana Buddhist Center • June 21, 7-8:30 p.m. at Crazy Wisdom Community Room • Classes begin with a guided breathing meditation to help reduce stress from the day and to develop a peaceful mind. This is followed by a short teaching on training the mind in joyful effort, the fourth of the six perfections of a Bodhisattva. Buddha defined effort as a mind that delights in virtue. Spritual practice requires great effort, but pushing and pushing does not lead to realizations. The second of two evenings on this important topic. Everyone welcome to attend. Preregistration not required. $10. Call 248-444-4633; annarbor@meditateinmichigan.org.

Buddha's Birthday: A Celebration for the Whole Family at Zen Buddhist Temple • May 13-14 • Everyone is welcome to join us for part or all of this most festive Buddhist holiday. For more information, call 761-6520; a2buddha@provide.net.
May 13: Peace and Happiness Street Parade at 11 a.m. • Parade for children followed by a special service for children, including the traditional bathing of the baby Buddha.
Fifth Annual Poetry Event at 2:30, Vegetarian Entrees and Dessert Buffet at 6 p.m. • The always delicious buffet followed by dancing, singing, and drumming led by Jesse Richards and Lori Fithian of Drummunity. Cost is $7 for students and seniors, $10 for adults, $25 for families.
May 14: Meditation at 9 a.m.Buddhist Religious Service at 9:30 a.m., 1 p.m. • Special presentation on the Buddhist Approach to Hard Economic Times sponsored by the South-eastern Michigan (Thunder in the Snow) chapter of the Buddhist Peace Fellowship.
Introduction to Zen Meditation talk and demonstration at 3 p.m., Lotus Lantern Lighting and Chanting Service at 7:30 p.m. • Delicate lotus lanterns are dedicated to family friends, and all we care about who need encouragement and love, and for peace and happiness in the world.

Introductory Zen Meditation Course at Zen Buddhist Temple • Five Thursday evenings beginning May 25 and July 13, 6:15-8:30 • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself, and not the means for something else. Held in the Temple's meditation hall, the course includes some simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. $120 or $100 unwaged. Call 761-6520; a2buddha@provide.net.

One-Day Zen Meditation Retreat at Zen Buddhist Temple • Saturday 7 a.m.-5 p.m., May 7 and Aug. 12 • Sitting and walking meditation, simple manual work, vegetarian meals, and rest – an interval of slowing down, silence, and mindfulness. $50 includes vegetarian breakfast and lunch. Call 761-6520; a2buddha@provide.net.

Two Sunday Services at Zen Buddhist Temple • Every Sunday, 9:30-11 a.m. and 4-5:30 p.m. • Morning meditation service consists of two periods of meditation, chanting, and a talk. Afternoon dharma service has two shorter periods of sitting meditation, sometimes walking meditation, reflection and chanting, and a short talk. By donation. Call 761-6520; a2buddha@provide.net.

Overnight Introductory Zen Meditation Course at Zen Buddhist Temple • July 21-22, 7 p.m. Friday to Noon Saturday • This format is primarily intended for out-of-towners, but local people who cannot attend the Thursday evening course, or who prefer the overnight retreat, are also welcome. $160 includes accommodation and vegetarian meals. Call 761-6520; a2buddha@provide.net.

Summer Yongmaeng Chongjin Meditation Retreat at Zen Buddhist Temple • June 29-July 4 • Five days of a clear and simple lifestyle with a strong meditation focus. Minimum participation is two days. $300 for five days. Call 761-6520; a2buddha@provide.net.

Summer Work/Study Program at Zen Buddhist Temple • July 9-Aug. 14 • An opportunity to live, practice, and study with the Temple community while contributing by working on special projects including gardening, our 16th annual Peace Camp at Friend's Lake, our Great Green Recycling Yard Sale, renovation of our new building, and more. Days are structured and guided by Ven. Haju Sunim with help from dharma students. Minimum commitment is one week. $65 per week or $250 per month includes room and board, access to all dharma programs, and five hours of work practice for five days per week. Call 761-6520; a2buddha@provide.net.

18th Annual Summer Lecture Series: "The Wisdom, Compassion, Tears, and Humor of Buddhist Practice" at Zen Buddhist Temple • July 9, 16, 23; 10 a.m. • By donation. Call 761-6520; a2buddha@provide.net.
July 9: Bopryok Peter Beyer and Talmasan Donna Minock will talk about Zen and Retirement.
July 16: Mattang Brent Eastman and Matthew Lecki talk about how they developed an interest in Buddhism and how they express their Buddhist practice in daily life.
July 23: Deborah Bey will talk about post-Katrina work and Buddhist practice.

Zen Buddhist Temple 18th Annual Buddhist Peace Camp at Friend's Lake • July 28-Aug. 2 • Held at Friend's Lake near Chelsea, and emphasizing peace, cooperation, mindfulness, and fun. Tent camping and vegetarian food. Children, parents, and other adults welcome. For complete information, call 761-6520; a2buddha@provide.net.

White Tara Meditation Practice Session with Jewel Heart Instructors • Sundays, 11:30-12:30 • White Tara, mother goddess of enlightened compassionate activity, is associated with physical, mental, and emotional healing and long life. This practice incorporates healing visualizations and draws upon the feminine energy of White Tara. All are welcome. Free of charge. Call 994-3387 extension 1,2 or 3; www.jewelheart.org.

Sunday Morning Introductory Talks at Jewel Heart with Jewel Heart Instructors • 10-11 a.m. • Stimulating topics presented on Sunday mornings for a general audience interested in experiencing the Buddhist perspective. Hour-long talk followed by half-hour social period with tea and cookies. Free of charge. All are welcome. Call 994-3387 extension 1, 2 or 3; www.jewelheart.org.
May 7 • The Ghostly Life of Dissatisfaction: Haunted by the constant fear that "something is missing" or "something must be better," our dissatisfaction blinds us to the beauty and opportunities fully present in our lives today.
May 14 • Self-Improvement vs. Self Love: Can we really "progress" on the spiritual path if we regard it as yet another self-improvement regime?
May 21 • Creating a Sacred Environment: The external world we experience both reflects and influences the world within. Creating a space for what we hold sacred honors that dynamic and supports our commitment to growth and realization.
May 28 • The Power of Generosity: A curious outcome of generosity is the influence it has on our own receptivity. Through the openness of giving, we begin to release the confining walls that imprison us.

Attaining Lasting Satisfaction Tuesday Evening Series with Gehlek Rimpoche or Jewel Heart Instructors • Tuesdays, 7 p.m. • Buddha's ancient methods for lasting satisfaction are precious treasures that still apply to our needs even today. Gehlek Rimpoche and Jewel Heart instructors offer enriching gems to take home and carry into our everyday lives. May: $10 drop-in, $5 seniors or students. June-August: $10 drop-in, $5 students or seniors, $70 non-members, $35 supporting members, free for sustaining members and above. Call 994-3387 extension 1,2 or 3; www.jewelheart.org.
May 2 • Joyful Participation within the Sorrows of the World: The Radical Life of a Bodhisattva
May 9 • Three Essential Points of Buddha
May 16 • Karma
May 23 • Two Simple Practices
May 30 • Anger's Damage
June 6 • What Buddha Discovered with Gehlek Rimpoche
June 13 • The First Two of the Four Noble Truths with Gehlek Rimpoche
June 20 • The Last Two of the Four Noble Truths with Gehlek Rimpoche
July 11 • Karma with Gehlek Rimpoche
July 18 • Expanding Our View with Gehlek Rimpoche
July 25 • Recognizing Delusions with Gehlek Rimpoche
Aug. 1 • Why Think About Death?
Aug. 8 • Are You My Mother?
Aug. 15 • The Purity in Purification
Aug. 22 • Fear Factor
Aug. 29 • From Habit to Awareness

Creating Space: Clarity and Insight through Meditation with Jewel Heart Instructors • Mondays, May 1-22; 7-8:30 p.m. • Meditation provides us with a clear, stable mind, necessary for a happy life and is the foundation for deepening our spiritual journey. Normally eight weeks, this condensed course offers hands-on experience with the basic elements of meditation, using breath, posture, and techniques for coping with distractions and laxity of mind. $40; no charge for supporting members. Call 994-3387 ext. 1, 2 or 3; www.jewelheart.org.

The Art of Living with Jewel Heart Instructors • Thursdays, June 1-22 and July 13-Aug. 3; 7-8:30 p.m. • We long for meaning, for an effective way to bring insight and heart to ordinary circumstances and the inevitable challenges of our daily lives. On the basis of Gehlek Rimpoche's book, *Good Life, Good Death*, this course will explore pragmatic methods to bring depth, meaning, and joy to our lives. $80; no charge for supporting members. Call 994-3387 ext. 1, 2 or 3; www.jewelheart.org.

Deepening Awareness: The Practice of Mindfulness Meditation with Jewel Heart Instructors • Mondays, June 5-19, July 10-31 and Aug. 7; 7-8:30 p.m. • Becoming more aware of our thoughts, feelings, and sensations through meditation opens the door to understanding the nature of our mind and how it influences our experience. Recommended prerequisite: Creating Space (see above listing). $80; no charge for supporting members. Call 994-3387 ext. 1, 2 or 3; www.jewelheart.org.

Ganden Lha Gyema: Hundreds of Deities of the Land of Joy with Jewel Heart Instructors • Wednesdays, May 31, June 7-21, July 5-26; 7-8:30 p.m. • One of the most popular practices in the Tsong Khapa tradition, the Ganden Lha Gyema serves to deepen our connection with the enlightened through appreciation of the spiritual teacher and various meditational topics. This course offers instruction on the practice including visualizations and mantra. $80; no charge for supporting members. Call 994-3387 ext. 1, 2 or 3; www.jewelheart.org.

Ninth Chapter of Guide to the Bodhisattva's Way of Life with Gehlek Rimpoche of Jewel Heart • June 3, July 29; 10 a.m.-5 p.m. • With contemporary understanding and wit, Gehlek Rimpoche conveys Shantideva's ninth chapter of the Bodhisattva Way of Life, revealing its power to transform our lives. This session, wisdom as the nature of reality, is based upon previous study with the preceding eight chapters. If you have questions, please call Jewel Heart. $40 per session or $20 students/seniors/supporting members; no charge for sustaining members and above. Call 994-3387 ext. 1, 2 or 3; programming@jewelheart.org.

Caregiving

The Wounded Healer: Caregivers in the 21st Century with Bettina Mollica of Weber Center • Sept. 9, 10-4 • The role of caregiving can be both rewarding and draining. Recognizing the part spirituality plays in sustaining our ability to provide compassionate care is important, not only for our own well being but also for the well being of those we serve. This workshop will address the role of spirituality in caregiving and differentiate it from religion or faith. $50. Call 517-266-4000; fax 517-266-4004; webercenter@adriandominicans.org.

Celtic Magic & Mystery

Journey to Avalon: Magic and Mystery with Bronwen Gates • Ongoing; Meetings monthly on every third Sunday, 11-4:30 • Explore the magic and mystery of the Arthurian legend, the story that emerges from the land of Britain and its indigenous shamanic traditions. Explore a world based on partnership rather than domination. King and queen. Knights and ladies. Human and faerie. Engage with magic and mystery, with the great round of chivalry and the runes, with faerie and the maiden muse, the glamourie, the ancient ones of stone, and the shining ones. $63 per workshop includes lunch. Call 975-8754; bronwild@aol.com.
June 18 • The Arthurian Legend and the Round of Chivalry, Magic, and Mystery
July 16 • The Runes and Their Relationship to the Realm of Chivalry and Magic
Aug. 20 • The Muse, the Nine Maidens Magic – Source of All Creativity and Inspiration, and Their Alliances with the Ladies of the Realm

The Crazy Wisdom Calendar

Ceremonies, Celebrations & Festivals

Eucharistic Celebration with Visitation Staff • First and Third Wednesday of May, June, July; 7 p.m. • Come and share in this mid-week celebration of Eucharist. No cost. Call 734-242-5520; visitation@ihmsisters.org.

Memorial Day Meditation Service through Lighthouse Center • May 29, 7-9 p.m. • At this service, we will light candles for all loved ones who have transcended. We will also have chanting meditation and prayers. Veggie potluck after the service. No cost; love offering. Call Prachi at 734-449-4381; thielp17@yahoo.com.

Sunday Candlelight Ceremony with Meditation and Healing through Lighthouse Center • Sundays, 6-7:15 p.m. • Candle lighting, Sanskrit chanting, mantra meditation affirmations, visualization, and healing circle. No cost; love offering. Call Prachi at 734-449-4381; thielp17@yahoo.com.

Solstice Celebration at Tara's Meadow, Beaver Island with Jim Mullin-Norgaard • June 24-25 • A weekend campout celebration on Beaver Island with music, campfire, hikes, and the following mini workshops: Making Your Celtic Hearth with Jeanne Marie Nicholson, Intro to Celtic Body Prayers with Jim Mullin-Norgaard, and Peaceful Warriors in Motion with Jim Mullin-Norgaard. $80. Call 231-347-7957; www.celticbodyprayers.com.

Solstice Celebration in the Medicine Wheel with Bridget O'Brien • June 21, 7:30-10 p.m. • Celebrate summer and all its blessings. We will be gathering in the newly created medicine wheel garden for a ceremony at sunset and enjoy music, drumming, and a fire through the night. All ages encouraged to come for this community event. Free. Call 717-8704.

Full Moon Circle with V. Brighid Snowdon • May 14, June 11; potluck at 6:30, ritual from 7:30-9:30 • Drawing on several modern traditions, we circle together at the full moon to celebrate the earth, life, love, and the spirit of divinity in each of us. Men and women of all traditions and beliefs welcome. Call for information regarding Circles in July and August. Donations welcome but not required. Call 905-4206; designwitch@earthlink.net.

New Moon Teaching Circle with V. Brighid Snowdon • Noon-3 or 6-9 p.m. • Drawing on various modern traditions, you will learn the basics and intricacies of creating and performing public ritual to celebrate earth, life, love, and the spirit of divinity in each of us. Men and women of all traditions and beliefs welcome. $25 per class. Call 905-4206; designwitch@earthlink.net.
May 24: Introduction, The Cycles of the Year
June 25: Structure and Principles of Ritual
July 24: Calling the Quarters
Aug. 23: The Charges

Liberation of Life Service with Zen Buddhist Temple • June 24 • An annual ceremony which reminds us of the First Precept (not to harm, but to cherish all life) and of our kinship with all beings, followed by a potluck picnic at Friend's Lake near Chelsea. Carpool from the Temple at 10 a.m. Service begins at 11 a.m. Call 761-6520; a2buddha@provide.net.

Ullambana Day Service with Zen Buddhist Temple • Aug. 6 • Rites of offering for the dead who have not yet found a rightful place among the living, or need to gain release from suffering. For time, call 761-6520; a2buddha@provide.net.

Summer Retreat on Manifestation: Men and Women Welcome with Gateways Center for Life Enrichment • Aug. 20, 10-5 • 2006 is the year of Manifestation. Join us in this special event created to allow men and women to experience the empowerment achieved by connecting with each other at a heart level, and exploring the ways in which to manifest our greatest desires and objectives. A day for celebration, joy, and renewal in mind, body, and spirit. $40 and a snack or side dish. Entree provided. Call 734-332-4666 or Lorna Brown at 734-428-8748.

Chakras

Chakra Meditation with Ema Stefanova • June 4, 1:30-4:30 • This workshop is for all interested ages 14 and up to learn about the vital and still widely misunderstood subject of the chakras. The subtle yoga physiology of the chakras and energy channels will be explained and classical tantric chakra meditation will be practiced. The instructor will talk about her personal experience with chakra and kundalini awakening. No previous experience necessary. For cost, call 665-7801; www.yogaandmeditation.com.

Channeling

An Evening with Jacob with Judy Crookes through Gateways Center for Life Enrichment • May 1, June 5, July 10, Aug. 7; 7:30 p.m. • Jacob, channeled by Judy Crookes, is a delightful and charming entity, a master teacher whose sole purpose is the empowerment of each individual who is present. Jacob's method of teaching is to use analogy and example mixed with lots of laughter. Great depth is achieved through this approach and each person feels personally touched and loved. This evening will consist of a short talk, one-on-one interaction with most participants, question period and meditation. $15. Call 332-4666; gatewayscenter@hotmail.com.

The Gathering with Karlta Zarley • Third Tuesday of each month, 7 p.m. in South Lyon • Karlta Zarley channels information from Spirit about changes we experience as we move towards Ascension, trends and issues that affect us, and teachings to help us all move along our spiritual paths. Bring a dish to share. $10 suggested donation. Call Evan Peelle at 248-437-7466.

Evening with Aaron channeled through Barbara Brodsky • June 7, 7:30-9:30 p.m. • An open session with Aaron and Barbara on spiritual and metaphysical topics. Aaron will offer a talk and then answer personal and universal questions. All are welcome. $10-$20 suggested donation. Call Deep Spring Center at 477-5848; www.deepspring.org.

Channeling Level II with Shala Kilmer • Six weeks beginning Monday, May 15; 6:30-9:30 p.m. • You will share your gift nightly with other experienced channels, becoming more confident and masterful. You can channel all the information you need for your own life and for others. Limited to ten participants. $245. Call 248-258-8287; shalakilmer@comcast.net or www.intuitionpath.com.

Chiquita Message Circle with Shala Kilmer • May 21, 1:30-3:30 • Chiquita is a joy guide who will have you laughing while giving useful advice. Channeled through Shala, the outrageous Chiquita will provide an experience you will surely enjoy. $25. Call 248-258-8287; shalakilmer@comcast.net or www.intuitionpath.com.

Message Circle with Shala Kilmer • July 15, 7-9 p.m. • Messages just for you from the spirit world will be channeled by Shala. Others in the group are welcome to share information they receive for anyone. Plan on having fun and gaining valuable insights. $25. Call 248-258-8287; shalakilmer@comcast.net or www.intuitionpath.com.

Childbirth

Holistic Childbirth Preparation with Beth Barbeau of Center for the Childbearing Year • Seven Wednesdays, June 7-July 19; 7-9:15 p.m. • Share in a midwife's experience with normal birth. Seven-week series prepares woman and her partner for birth at home or in the hospital. Parents are encouraged to focus on prevention and wellness and make informed choices. Suggestions regarding the safe use of herbal, homeopathic, and other natural therapies included. M-Care insurance reimbursement. $220 per couple with discounts available. Call 663-1523; patty@center4cby.com or www.center4cby.com.

Newborn and Infant Care with Beth Barbeau of Center for the Childbearing Year • Two Wednesdays, May 17 and 24 or Aug. 2 and 9; 7-9:15 p.m. • This class provides expectant parents with practical insights and supportive resources to help smooth the transition into parenthood. Topics include calming the baby, preventing postpartum depression, diapering, equipment/furniture recommendations (what's really necessary?), and reclaiming your sex life. Rather than teaching the "right" way to parent, emphasis is placed on guiding parents into developing effective solutions that will work for their families. $70 per couple with discounts available. Call Patty Brennan at 663-1523; patty@center4cby.com or www.center4cby.com.

Breastfeeding Basics with Beth Barbeau of Center for the Childbearing Year • May 31 or Aug. 16, 7-9:15 p.m. • This class is designed to provide the basic information that a pregnant woman needs to be successful at breastfeeding. Topics include keys to successful breastfeeding; obstacles to breastfeeding success; what is "normal"; overcoming common problems; psychological, cultural, and societal issues that impact breastfeeding; what to do when breastfeeding doesn't work; back to work strategies, and product review – bras, pumps, and other lactation aids. M-Care insurance reimbursement. $35 per couple with discounts available. Call Patty Brennan at 663-1523; patty@center4cby.com or www.center4cby.com.

Ensuring Breastfeeding Success with Beth Barbeau • May 13, 9 a.m.-5 p.m. • This workshop provides a grounding in the fundamentals of breastfeeding and will educate professionals who work with women postpartum in the counseling skills necessary to assess and correct breastfeeding problems. 7.8 Nursing CEUs provided. $110 with early registration discount offered. Call Patty Brennan at 663-1523; patty@center4cby.com or www.center4cby.com.

Introduction to Childbirth with Patty Brennan of Center for the Childbearing Year • June 17 or Aug. 12, 9 a.m.-5:30 p.m. • This course serves as an introduction to childbirth education for professionals while fulfilling the prerequisite for Birth Doula Training. Topics covered include optimal nutrition for a healthy pregnancy, anatomy and physiology of pregnancy and birth, relief for common discomforts of pregnancy, conscious relaxation and breath awareness, body mechanics, stretches, and essential exercises for the childbearing year, the experience of labor, complications of labor and birth, medical interventions in birth and the process of informed consent, medical protocols and tests for the newborn, mom's normal postpartum recovery, and breastfeeding basics. $110 with early registration discount offered. Call 663-1523; patty@center4cby.com or www.center4cby.com.

Birth Doula Training and DONA Certification with Patty Brennan of Center for Childbearing Year • June 23-25 or Aug. 18-20; 9 a.m.-5:30 p.m. each day • Become a Professional Birth Doula. Training covers the doula's role during pregnancy, emotional support in labor, comfort measures and pain relief, labor support strategies for normal and challenging births, essential communication and mediation skills for doulas, the doula's role postpartum, breastfeeding support, basic business skills, and more. Get hands-on experience through our community-based volunteer doula program and earn professional certification through DONA International. No previous medical training required. 24.6 Nursing CEUs provided. $350 with early registration discount available. Call 663-1523; patty@center4cby.com or www.center4cby.com.

Postpartum Doula Training and DONA Certification with Patty Brennan of Center for Childbearing Year • May 19-21, 8 a.m.-6:30 p.m. • This course prepares you to provide excellent in-home care to families in the postpartum period. Topics include the doula's postpartum role, effective listening and communication skills, importance of the birth experience and its impact on postpartum recovery, normal physiologic recovery for the mother and holistic support measures, the newborn baby, supporting families with multiples, breastfeeding basics and troubleshooting common problems, integrating a new baby into the family, postpartum mood disorders, support for the grieving family, and more. 29.7 Nursing CEUs provided. $385 with early registration discount available. Call 663-1523; patty@center4cby.com or www.center4cby.com.

Caring for Pregnant Women with a History of Sexual Trauma with Mickey Sperlich of Center for Childbearing Year • May 4, 7-9 p.m. • This presentation is geared for professionals who work with pregnant women and will focus on identifying pregnant women who have a history of sexual trauma and have ongoing adverse effects of such trauma. We will examine issues of disclosure – how and when to ask women about their history, what to do with the information, and strategies for working with survivor moms. We will discuss post-traumatic stress reactions and how to respond to such reactions in the moment, as well as suggestions for follow-up care and resources for survivor moms. Case histories are welcome. $20 (add $10 for 2.4 Nursing CEUs.) Call 663-1523; patty@center4cby.com or www.center4cby.com.

Providing Support to Teen Mothers with Katie Doyle of Center for Childbearing Year • Aug. 3, 7-9 p.m. • While adolescents' bodies can be ripe for pregnancy and childbearing, they often necessitate unique interventions and support for their emotional and social needs. We will explore the developmental context of adolescent pregnancy and how to support teens as they transition into adulthood and parenthood. Areas of focus will include establishing appropriate boundaries, accessing local resources for pregnant and parenting youth, and engaging youth who have been marginalized by adults or professionals in their lives. $20 (add $10 for 2.4 Nursing CEUs.) Call 663-1523; patty@center4cby.com or www.center4cby.com.

Prenatal and Postnatal Yoga with Heather Foster • Prenatal: Wednesdays, 6:15-7:30 p.m. or 7:45-9 p.m.; Postnatal: Fridays, 5-6:15 p.m. • Come and join a circle of womyn all preparing for the journey to motherhood through yoga. Meditate, stretch, and relax! $10 per class. Call 709-8191; hl_foster@yahoo.com.

Chronic Pain & Illness

Acupuncture: A New Understanding of Chronic Pain with Gary Merel sponsored by People's Food Co-op • June 15, 7-8:30 p.m. at Crazy Wisdom Community Room • A look at how acupuncture has shown to be clinically effective in resolving the conditions of chronic pain. Chronic pain not only inflicts a continual discomfort on the body, it affects the disposition of a person's entire life. It raises many questions, such as what is the real nature of chronic pain? Why is it so persistent? Why do pain medications provide only temporary relief and not real healing? This workshop will provide insight to these and other questions. More importantly, it will provide the information needed to make an informed decision if acupuncture is the correct path needed to help resolve the condition of chronic pain. Free. Call 994-4589; education@peoplesfood.coop.

Color Energy

Aura-Soma Level 1: Foundation Class with Victoria Silks • June 6-11, July 16-21 • The Foundation Level of Aura-Soma color care system developed in England in 1980 includes hands-on experiential work to complement the introduction of the 105 "equilibrium" bottles containing the energies of color and light, flowers, herbs, crystals and gems. Classes good for CEU's from NCBTMB. $625 includes workbook, handouts, and certificate from ASIACT. For times, call 669-0376; vsds@sbcglobal.net.

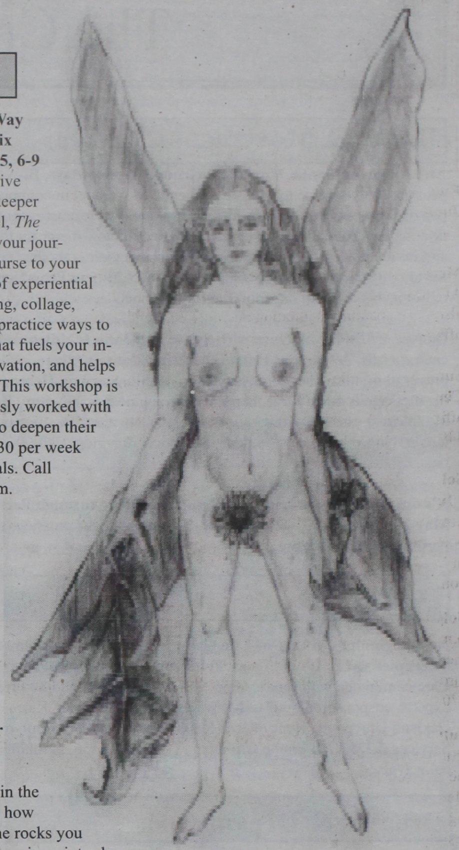
Aura-Soma Level 2: Intermediate Class with Victoria Silks • June 25-30, July 8-13 • Level 2 builds upon Level 1 to deepen the understanding of the language of color. It exposes students to the connection between color energy and other wisdom traditions, as well as deepening consultation skills. $650 includes workbook, handouts, and certificate from ASIACT. For times, call 669-0376; vsds@sbcglobal.net.

Aura-Soma Level 3: Advanced Class with Victoria Silks • May 13-18, Aug. 6-11 • Level 3 builds on the first two levels and is an exciting journey into the interrelationship between the Aura-Soma equilibrium bottles and the Tree of Life and tarot. It continues to deepen the practitioner/client relationship. $725 includes workbook, handouts, and certificate from ASIACT. For times, call 669-0376; vsds@sbcglobal.net.

Consciousness Studies

Ken Wilber Discussion Group with Dennis Hunt • May 20, June 24, July 22, Aug. 19; 2:30-4:30 at Crazy Wisdom Community Room • Informal discussions relating to Ken Wilber's ideas. Free. Call 734-658-7619; dhunt98@earthlink.net.

Creativity



Deepening Your Artist's Way Journey with Jill Blixt • Six Mondays beginning June 5, 6-9 p.m. • Take the transformative power of *The Artist's Way* deeper with Julia Cameron's sequel, *The Sound of Paper*. Continue your journey by gently charting a course to your creativity. Using a variety of experiential activities that include writing, collage, and creative play, you will practice ways to craft an artful life – a life that fuels your inspiration, ignites your motivation, and helps you manifest your dreams. This workshop is for those who have previously worked with *The Artist's Way* and wish to deepen their creative self-exploration. $30 per week includes dinner and materials. Call 665-4577; jillblixt@aol.com.

Crystals & Gems

Introduction to Healing Techniques Using Gems and Minerals with Susan Fancy through Gateways Center for Life Enrichment • May 25, 7-9 p.m. • Interested in the stones you see in the local shops but don't know how to use them? What about the rocks you find on your walks? This class is an introduction to the use of gemstones and minerals, including the use of pocket stones for daily support in our often busy lifestyles. Participants will be guided in befriending a personal stone that they can take home. $30. Call 734-332-4666; gatewayscenter@hotmail.com.

Dance & Movement

Continuum Movement: Awakening to the Movement of Love with Robin Becker • May 5-7; Friday 6:30-9:30 p.m., Saturday 11:15 a.m.-6 p.m., Sunday 10-5 • Continuum Movement is a unique and innovative field of movement education based on the understanding that all life, including the human body, has been shaped by water. Continuum offers a dynamic and creative approach to self-awareness and healing in which the body is valued as a living model of a creative biological process. It is appropriate for everyone at all levels of mobility and is a very gentle physical exploration, bringing attention and awareness to our interior terrain. Friday serves as an introduction and is required for new students. $45 for Friday night alone. $225 for Saturday and Sunday. $250 for Friday through Sunday. Call Elaine Economou at 734-475-9686; elaine_economou@hotmail.com.

Dance Meditations with Mas Abe of Body Mind Spirit Wellness Centers• Tuesdays, 8-10 p.m. • An evening of ecstatic dance and free-form expression that is non-instructional. Come feel the atmosphere and be moved by the exotic sounds of world beats, trance rhythms, tribal drums, and other high vibrations that will move you to dance with the beloved. Wear loose fitting, comfortable clothing. Bring a towel and water as you will surely sweat! $20. Call 945-8602; staff@bmswc.com.

Mystic Vibrations: Sufi Dhikr and Whirling with Shaykh Waleed of Body Mind Spirit Wellness Centers • Fridays, 7:30 p.m. • Traditional Sufi Dhikr, healing, and meditation. Chanting of the majestic 99 names and attributes of the divine. Class also honors the whirling dance of Mevalana Jalaludin Rumi. $66 monthly. Call Abe at 945-8602; staff@bmswc.com.

Silat Tuo: Spiritual Dance and Sacred Movements of Sumatra, Indonesia with Sh. Bapak Waleed of Body Mind Spirit Wellness Centers • Weekly Monday-Wednesday, 6:30-8:30 p.m. • Class heightens one's state of awareness through training in conscious and expressive movement and spiritual and sacred dance. Classes are taught to traditional music and drums of Southeast Asia with outdoor training sessions in summer. The renowned martial arts maneuvers of Silat Tuo are also explored. $66 monthly. Call Keith at 945-8602; staff@silatusa.com.

Mommy and Daddy Creative Movement Class with Katie Contessa of Dance Gallery Studio • Saturdays, June 17-Aug. 12, 10:30-11:30 a.m. • This class is for adults and children ages 3-6. The class will incorporate singing, dancing, and rhythm exercises. Adults and children will experience movement together! $100 for eight weeks, plus $20 registration fee for all new students with early registration discount available. No class July 1. Call 747-8885; dgkcontessa@sbcglobal.net.

The Crazy Wisdom Calendar

Dance & Movement (continued)

Ann Arbor Authentic Movement Group • Wednesdays, Bi-weekly • The A2AMG is a peer group that meets to explore Authentic Movement in community. We approach AM as personal process, psychological narrative, creative resource, contemplative practice, and divine play. Occasionally, we open the group to new members following an orientation, and invite those people who seek awareness of their embodied selves to join us. Nominal fee to rent space. Call Robin Graubarth at 665-2345 or Peter Norlin at 734-878-2900; redrobinah@aol.com or pfnorlin@earthlink.net.

Dances of Universal Peace with Sylvia and John Middlebrooks • First Friday of each month, 7-9 p.m. at Friends Meeting House • All are invited to join this circle of prayer in motion. The words may be in Arabic, Sanskrit, Hebrew, Aramaic or English, but the message is one of love, harmony, beauty, peace, and unity. The dances help us touch the spiritual essence within ourselves and each other. The movements are simple. All is taught. No experience is needed. $5 optional donation. Call 996-1332; smidd@comcast.net.

It's an Arts Thing presented by People Dancing through Performance Network • May 20, 2 p.m. • All ages welcome. For complete information, call 663-0681; www.performancenetwork.org.

Death & Dying

New Beginnings in End-of-Life Care: Integrating Complementary and Alternative Therapies • May 19-21, 3 p.m. Friday to 12:30 p.m. Sunday • CAM and End of Life Care conference with four leading experts in the field and 30 breakout sessions with CAM experts, cosponsored by U of M, Wayne State University, Karmanos Cancer Institute, Oakland University, Henry Ford Health System, and US Dept. of Health and Human Services. $275. Call Elaine Grohman at 248-855-3456; egrohman@twmi.rr.com or www.eol.wayne.edu.

Dreams & Dreamwork

Dream Group: The Symbolic Significance of Dreams with Rebecca Mullen • Monday evenings • People are encouraged to examine their night as well as day dreams (daytime experiences) as they relate to their inner life. What do the images of the dreams mean to the waking life? What do they reveal? $5 optional donation. Dream group can meet at other times, depending on needs of participants. Call 662-5925.

Drumming

Like Water Youth Drumming Camp with Tom Machowicz of Like Water Drumworks • June 19-23, 9 a.m.-Noon • Third through eighth graders welcome to learn and jam hand drumming from West Africa. Students will also explore fun art projects inspired by African cultures. Camp concludes in a youth performance for friends and family. $160 for the week. Possible second session could meet from 1-4 p.m. Call 734-475-3158; tom@likewaterdrumworks.com.

Drummunity Circle at Crazy Wisdom Community Room with Lori Fithian • Tuesday, May 16 adn Tuesday, June 20; 7-9 p.m. • All are welcome to join in the circle. No experience necessary. Drums available. Free. Call 426-7818; lorifithian@mac.com.

Tribal and Sacred Drum Circle with Maestro of Body Mind Spirit Wellness Centers • Wednesdays, 8-10 p.m. • An evening of tribal and sacred drum expressions and dance. Free-form drum circle open to all! No experience necessary. Non-instructional, improvisational drum circle. $15 or $10 with drum. Call Abe at 945-8602; staff@bmswc.com.

Drumming Circle with Gail Tola and Sally Gabany through Visitation • Second Friday of May, 7-9 p.m. • Come for a two-hour session that may awaken your playful spirit, reduce tension and stress, and enhance your awareness of how sound can create peace and harmony. Experience a variety of simple drumming techniques including the ancient patterns of the I Ching and Native American ritual. Bring your own drum if you have one. Some drums will be available. No experience necessary. Attend as many sessions as you wish. $10-$20 suggested donation. Call 734-242-5520; visitation@ihmsisters.org.

Energy Work

Sacred Geometry and Energy Medicine Level I: Healing from the 4th Dimension with Elaine Grohman • June 17-18, 9-5 each day • This is an experiential workshop introducing a new modality using sacred geometry and energy healing. Open to all. Learn to connect to divine energy, hands-on healing, and color balancing of the chakras. $300. Call 248-855-3456; egrohman@twmi.rr.com.

Introduction to Healing Touch – Self Care with Barb McConnell • July 29, 9 a.m.-1 p.m. • This class gives you a basic introduction to energy healing and teaches the importance of self-care. It will include some lecture, but primarily hands-on experience using specific Healing Touch techniques. Refreshments provided. $70 includes materials. 4 CEUs for nurses or massage therapists. Call 517-522-4790.

Healing Touch Level 1 with Barb McConnell • May 20-21 or Aug. 19-20; Saturday 8 a.m.-6 p.m., Sunday 8 a.m.-5 p.m. • Healing Touch is a bio-field therapy that is an energy based approach to health and healing. The non-invasive techniques utilize the hands to clear, energize, and balance human and environmental energy fields, thus affecting physical, emotional, mental, and spiritual health and healing. It is based on heart-centered caring for others. 19 CEU's for nurses and massage therapists. $275. Call 517-522-4790.

Introduction to Healing Touch – Pain Management with Barb McConnell • June 17, 9 a.m.-1 p.m. • This class gives you a basic introduction to energy healing. You will learn some basic, non-invasive techniques to help control pain. It will include some lecture, but primarily hands-on experience. Refreshments provided. 4 CEUs available for nurses. $70 includes materials. Call 517-522-4790.

Expanding into Energy Pathways with Wasentha Young and Greg Knollmeyer of Harmony of Energy Center • June 1, 6-8 p.m. • The experience of yogic stretches, self-acupressure, and dynamic movements of qigong taught in this session will leave you relaxed and with a sense of well being. The intention underlying the combination of these health arts is to relax the muscles and open the joints. This, along with centering the mind, will offer an awareness and expansion of energy that is practical for any lifestyle. $50. Call 741-0695; www.peacefuldragonschool.com.

Fundamentals of Chi Kung (Qigong) and the Five Element Phases with Wasentha Young of Peaceful Dragon School of Tai Chi Chuan and Chi Kung • Ongoing Tuesdays, April 11-June 27; 6-7:15 p.m. • Chi kung is a Chinese approach and practice that focuses on the relationship of (chi) energy and health. This class will focus on the fundamental styles of chi kung: imagery and movement, Chinese yoga, and traditional Chinese medicine through learning the Wild Goose Chi Kung form. Students will also begin to learn to sense their own energy as well as others while engaging in "soft chi" exercises. As part of medical chi kung, students will be introduced to the energy pathways (meridians) of the body and learn the fundamentals of the 5 Element Theory – the foundation of traditional Chinese medicine. This will clarify the correspondences of the qualities of nature mirrored in the internal concept of chi, as well as the generative and controlling cycles of energy patterns. $170. Call 741-0695; www.peacefuldragonschool.com.

Quantum Touch with Cathleen Francois and Julie Lemond through Ann Arbor Institute of Massage Therapy • July 15 and 16, 9-5 each day • Developed by Robert Noah Calvert, quantum touch is rooted in energy work. This technique is taught and practiced around the world. It helps burn victims, cancer patients, the elderly, infants, and more. This work can be seamlessly combined with any modality and will transform your practice. Quantum touch provides healing bioenergy for the practitioner as well as for the person seeking great health. This workshop is open to anyone. You needn't be a massage therapist to learn this work. $275 with 14 CE credits. Call 677-4430 ext. 25; fax 677-4520; info@aaimt.edu.

Exercise & Fitness

Stability Ball Class with Ann-Margaret Giovino • Mondays 1:15-2:15, Saturdays 12:45-1:45 • This workout consists of a variety of stretches and exercises to increase your fitness level, break up a day of sitting at your desk or help you unwind and release tension. You'll also learn how to fit a ball to your body size. Drop-in or ongoing. $13 drop-in. $60 for six sessions. $96 for 12 sessions. Call 734-276-7769; ann-margaret@gymgiovino.com.

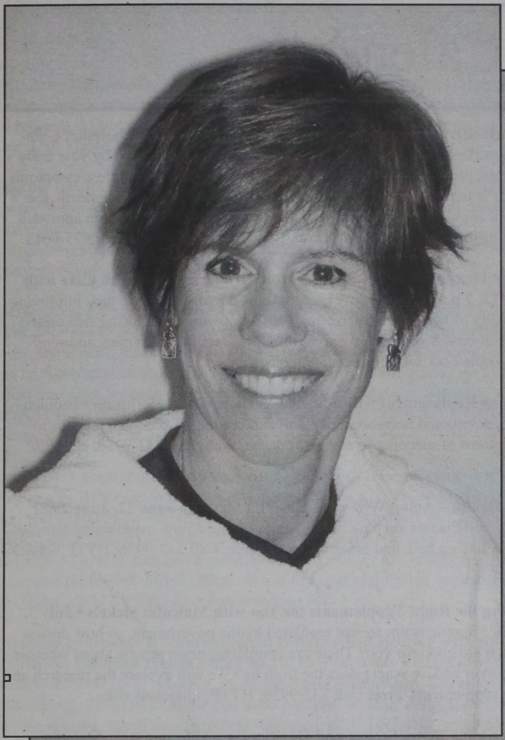
Abdominal Training Ball Class with Ann-Margaret Giovino • Wednesdays 1:15-2:15, Saturdays 2:30-3:30 • Your abdominal muscles are critical to core strength, but you must be able to feel the difference between rote movements that produce no results and conscious engagement of the core muscles that bring your abs alive. Learn how to locate, feel, squeeze, and work your abdominal muscles effectively. Drop-in or ongoing. $13 drop-in. $60 for six sessions. $96 for 12 sessions. Call 734-276-7769; ann-margaret@gymgiovino.com.

Functional Exercise Prescription for the Health, Wellness, and Fitness Practitioner with Michael Stack through Ann Arbor Institute of Massage Therapy • June 2, 8:30-5:30 • This eight-hour interactive workshop will explain the theories behind functional exercise program design, as well as give you the diagnostic ability to assess your clients' functional capacity and, from that, prescribe an appropriate exercise protocol to alleviate existing pathological states and enhance quality and quantity of life. $130 with 7 CE credits. Call 677-4430 ext. 25; fax 677-4520; info@aaimt.edu.

Exhibits

Gallery Shows at University of Michigan Museum of Art • Hours are Tuesday-Saturday: 10 a.m.-5 p.m.; Thursday: 10 a.m.-9 p.m.; Sunday: Noon-5 p.m. • Admission is free with $5 suggested donation. For more information, call 763-UMMA; www.umma.umich.edu.

Rethinking the Photographic Image: The Best of Photography and Film from the George Eastman House Collection • Beginning June 25 • This exhibit presents a fresh look at the rich history of the medium that has shaped the modern era. The product of a unique partnership between UMMA and George Eastman House in Rochester, New York, this exhibition draws upon the deep collections and resources of George Eastman House, one of the world's most comprehensive collections of photography and film.



Susan Liddy is a Social Worker, specializing in grief and anxiety, a graduate of the Barbara Brennan School of Healing, and a certified Hands of Light Energy Healer.

"I personally find energetic healing to be very exciting and personal. As I continue to expand and deepen my skills and awareness, I find this allows possibilities to unfold for others so they can have choices previously not in their awareness. It is an honor to be in such service and to hold all possibilities open. I am always wowed by the Guidance and what evolves!"

Feng Shui

Feng Shui Lessons for Personal Chi and Health with Kathy Roberts • May 18, 7-8:30 p.m. at Crazy Wisdom Community Room • We'll apply the feng shui concepts of energy, yin and yang, and the five elements to personal chi and health issues. Using the bagua map, you will learn how to make the changes you desire. $18. Call 810-962-0303; kathyroberts05@comcast.net.

The Feng Shui of Flowers with Wendy Warrick • May 5, 7-8:15 p.m. • Join in a light-hearted look at how using feng shui in your garden and home can delight your senses and deepen your connection to the natural kingdom, as well as be used as a tool to promote positive movement in your life. $15. Call 734-222-0872.

Film

Friday Free Film Series at Jewel Heart • May 26, June 23, July 28, Aug. 25; 7-9:30 p.m. • Once a month, Jewel Heart hosts an evening of entertainment with a free film followed by a group discussion. Bring your friends and join us for a movie, concession stand, and lots of fun conversation about the film. Call 994-3387 ext. 1, 2 or 3; www.jewelheart.org.

May 26: *Dodes 'Ka-den*, directed by Akira Kurosawa, hosted by RowenaVillarias
June 23: *Rhapsody in August*, directed by Akira Kurosawa, hosted by Carol Ilku
July 28: *Elling*, directed by Peter Naess, hosted by Berry and Jonas Berzanskis
Aug. 25: *Amelie*, directed by Jean-Pierre Jeunet, hosted by Gloria Boyajian

Flower Essences

Flower Power: Using Flower Essences to Transform Your Life with Bronwen Gates • Three Saturdays, 10-4:30 • Flower essences bring the potent healing resonance of flowers into your life to facilitate profound change and healing. In the hands of a skilled practitioner, they can be truly transformational, with an elegance and ease that at times seem miraculous. Attend these workshops to learn about flower essences and how to become your own skilled practitioner, and if you choose, as the start of a journey to become a practitioner for others. Part of the Flower Essence Practitioner Certification Program. $72 per workshop includes essence preparations. $189 for all three workshops. Call 975-8754; bronwild@aol.com.

June 17: Flower Essences – Definitions, History, Making Essences, the Bach Flower Remedies, and the Diversity of Other Flower Essences
July 15: Choosing Flower Remedies – Accessing the Diversity of Flower Essences, Using Dowsing and Kinesiology
Aug. 19: Flowers in Your Life – Choosing Your Special Allies, Inviting and Invoking the Possible

Fundraisers

University of Michigan Museum of Art Reimagined Gala • June 24 • Mark your calendars now for UMMA's final fundraising gala in their current facility. Gala patrons will be treated to a wandering reception on the second floor of the Museum, wonderful entertainment, and the first-ever seated dinner in select galleries on the main floor level. Tickets are $250 or $350 including a special preview reception at their temporary facility. For complete information, call Alisha Faciane at 647-2064.

Healing

The Accelerated Healer Development Program with Eve Wilson • Beginning early June • With this International Healer Practitioner Certification, work with healing DNA and hereditary issues, body-emotions-mind-spirit, present and past lives, aura readings, planetary healing, ascended masters, archangels and etheric surgeons. Includes five private healings and all materials. Dates determined by participants. Classes meet one weeknight every other week, 7-10 p.m., for one year. $2,650 in advance or $2,800 pay as you go. Call 248-545-3928; evew@spiritualhealers.com.

Herbs, Plants & the Garden

Herbal Wisdom Series: There is a Free Lunch – Wild Harvesting! with Linda Diane Feldt sponsored by People's Food Co-op • May 25, 7-8:30 p.m. at Crazy Wisdom Community Room • There is free food available for the picking. We'll have samples of local delicacies that are great to eat and also good medicine! Free. Call 994-4589; education@peoplesfood.coop.

Herbal Wisdom Series: Herbal Basics – How to Use Herbs More Effectively and Wisely, and Save Money with Linda Diane Feldt sponsored by People's Food Co-op • June 22, 7-8:30 p.m. at Crazy Wisdom Community Room • If you've ever been confused about when to use tinctures, what are infusions, and whether to use a root or a leaf, this class is for you. What every consumer should know before using herbs! Free. Call 994-4589; education@peoplesfood.coop.

Taste, Smell, and Experience Chinese Herbal Medicine with Gary Merel sponsored by People's Food Co-op • July 13, 7-8:30 p.m. at Crazy Wisdom Community Room • Explore Chinese herbal medicine, rooted in 5,000 years of history. A hands-on experience of Chinese formulas and their preparations, a discussion of the diagnostic framework used to prescribe, and of the difference between Chinese herbal formulas, homeopathy, and Western herbs. You will leave this workshop with a deeper understanding of herbal remedies and their effectiveness. Free. Call 994-4589; education@peoplesfood.coop.

Herbal Wisdom Series: Herbal Vinegars – Unleashing the Potential of Herbs and Weeds with Linda Diane Feldt sponsored by People's Food Co-op • July 27, 7-8:30 p.m. at Crazy Wisdom Community Room • We'll explore the traditional use of herbal vinegars, talk about their powerful nutritional benefits, and provide recipes to make and use vinegars. Free. Call 994-4589; education@peoplesfood.coop.

Herbal Wisdom Series: How to Talk to Plants and Avoid Giving the Impression of Lunacy with Linda Diane Feldt sponsored by People's Food Co-op • Aug. 24, 7-8:30 p.m. at Crazy Wisdom Community Room • Whether you've been whispering to your trees or just noticing how a plant's leaves can droop or change color, this is a fun class to explore our relationships with plants and how we can better communicate and understand the abundant green life that surrounds us. Free. Call 994-4589; education@peoplesfood.coop.

Fairies and Flowers: Herb and Nature Study for Children with V. Brighid Snowdon • Five Fridays: May 5, June 2, June 23, July 14, Aug. 18; 9-Noon or 1-4 • These classes are designed for children and their parents to learn something about the lore and usefulness of plants. Children will plant (in May) and harvest (in July and August) gentle herbs and flowers for their own teas. We will walk in the woods, read stories, learn basic plant identification, and generally have fun in and with nature! $25 per class or $100 for five classes in advance. Call 905-4206; designwitch@earthlink.net.

Traditional Herbalism and the Wisdom of Nature: Herbal Weekend with Matthew Wood • May 19-21 • Join Minnesota herbalist Matthew Wood in a three-day exploration into the world of plant medicine. Matt will share his deeply rooted knowledge of herbal virtues and a truly holistic perspective on herbs as both teachers and healers. We'll discuss practical herbalism, the doctrine of signatures, and plant, animal, and spirit medicines. A Friday evening presentation will be open to all for $20. $225 for the weekend. For times, call Jim McDonald at 248-737-3589; www.herbcraft.org/matthewwood.html.

Wild Edibles: Plant Walk and Snack with Rowena Conahan through Gaia Center • June 10, 9:30-11:30 a.m. • Join us as we identify and gather numerous wild edibles through the woodlands and meadows of Sunward, culminating with a light meal of wild edible foods. $13. Call 769-7794; www.gaiahealingarts.org.

Medicinal Herbs and Body Systems: The Holistic Model with Mary Light of Gaia Center • July 8-9, 10-6 each day • Join our program as we learn how to choose and apply various herbs in relation to the needs of body systems: digestive, respiratory, urinary, circulatory, and lymphatic. $125 per day with one or two day option. Call 769-7794; www.gaiahealingarts.org.

Herb Community Council with Gaia Center • Aug. 6, 6:30 p.m. • The Herb Community Council, formed in 2004, meets four times yearly to support and promote all aspects of herbalism – teaching, learning, growing, production – in a social and informal potluck format. This meeting will offer an outdoor fire circle. All welcome. Free. Call 769-7794; www.gaiahealingarts.org.

The Crazy Wisdom Calendar

Herbs, Plants & the Garden (continued)

Herbal Apothecary and Medicine Making with Mary Light of Gaia Center • Sept. 9 and 10, 10-5 each day • Revel in the creative process of producing topical and internal medicines and remedies from cultivated and wildcrafted herbs of Gaia farm. These items are universally useful and will be taken home by participants to use for one to two years. Advance registration necessary. $250. Call 769-7794; www.gaiahealingarts.org.

An Herbal Intensive with Linda Diane Feldt • Aug. 12, 10-1 followed by lunch and free time • Imagine a Saturday that combines learning, good company, a nourishing lunch, and time for play – swimming, boating or just gazing at the water. The setting is a 100-year-old log cabin located on a lake. We'll cover the basics of how to use and prepare herbs, and then discover our individual herbal allies and explore individual plants in depth. In this workshop, you will find inspiration, fun, information, and empowerment to make the healing plants a greater part of your life and health. $50 includes lunch with barter arrangements available. Call 662-4902; feldt@holisticwisdom.org.

The Herbwyfe Program: A Plant Medicine Apprenticeship Program with Bronwen Gates • Monthly meeting time, plus self study and elective classes; Enroll in any month • It all starts with love – first and foremost, an herbwyfe loves plants, an herbwyfe is intimate with plants, a man or woman who has developed and claimed a certain partnership-mastery with plants and the domain of nature and is committed to an ongoing journey to increase that mastery to share it with others. An herbwyfe also uses this mastery for healing of self, of others, of the world. The area of use is self chosen, and will probably evolve and change over time. This is a program for developing a conscious partnership relationship with plants and nature, for nourishment, for inspiration, for health and well being, for adventure, for curiosity, and for the wonder and mystery of it all. You may start any month. For cost, call 975-8754; bronwild@aol.com.

Plant Medicine Walks with Bronwen Gates • Day and evening times available • These walks and field trips give you an opportunity to meet with plants, learn their names, uses, biology, relationships, the communities they live in, and attune to the seasonal changes in plant expression. Cost varies depending on class length; usually $10-$20. For dates and times, call 975-8754; bronwild@aol.com.

Holistic Botany: The Complexity and Mystery of Plants with Bronwen Gates • One weekend per month, 10:30-4:30 each day • A series of hands-on, experiential workshops exploring the world of plants. Not a typical botany class, nor just another class on herbal medicine, although it is about "plant medicine," the potency of consciousness that is carried in these (usually) green beings. Part of the class time is based on scientific botanical knowledge and part is more intuitive, what is called "indigenous" knowledge – a tribute both to traditional wisdom of native peoples and the inner shamanic access to knowing with which it is becoming vitally important for everyone to claim some facility. Part of the Herbwyfe Program. $63 for one day workshop. $108 for both workshops in one weekend. Call 975-8754; bronwild@aol.com.
July 8 • What plants are, plant cellular structure, and classification.
July 9 • Plant diversity, vascular, non-vascular, microphylls, macrophylls, flowering and non-flowering, and more classification.
Aug. 26 • Seeds and germination, the architecture of a plant, shoots and roots.
Aug. 27 • Leaves and shoots, plant architecture, and plant classification.

> Life shrinks or expands according to one's courage.
> - Anais Nin

Holistic Health

Your Health Education Continues with Cindy Klement • 7 p.m. • Each class consists of a power point presentation with a copy of the slides, a video presentation, and a question/answer period. $10 per person. If you've never attended or bring someone who has never attended, the cost is $5 each. Call 975-2444; www.cindyklement.com.
May 16: Respiratory Allergies
June 20: Stress and Adrenal Burnout
July 18: Natural Beauty Secrets from Within
Aug. 8: Leaky Gut Syndrome

Osteopenia and Osteoporosis: The Bone Stops Here with Judy Stone • June 27, 7 p.m. • Once your bones are weakened and losing calcium, a whole host of problems have already occurred in your body. Osteoporosis is the end result, not just a mysterious condition that shows up most commonly in mid-life. What are the real causes? It's not the same for everyone. Are the pharmaceutical "cures" worse than the disease? Is calcium the central issue? What can you do to prevent or reverse osteopenia or osteoporosis? Free. Call Whole Foods to pre-register at 975-4500.

Drug-Free Heart Health with Judy Stone • April 27, 7-8 p.m. • High cholesterol, atherosclerosis, and hypertension are serious problems, but they aren't caused by your body's deficiency in the latest pharmaceutical drugs. These chemicals merely suppress symptoms that warn your body is in need of healing and nutritional support, while underneath, the deterioration of your health will continue. We will discuss the clinical nutrition approach to drug-free heart health. Free. To pre-register, call The Better Health Store at 975-6613.

Building Health or Treating Disease? Moving from Drug Care to Health Care with Judy Stone • July 12, 7 p.m. • How many prescriptions do you take? Are they improving your health and quality of life or simply treating your symptoms and causing side effects? In this talk, we will discuss how you can move from drug care to health care, and *real* health. Free. Call Whole Foods to pre-register at 975-4500.

CAM 305: Hormone Replacement with Malcolm Sickels • May 25, 7 p.m. • Bioidentical hormones or conventional hormones? We will explore the different approaches to improving the symptoms of menopause and andropause. Free. Call 332-9936; HTTP://drsickels.com.

CAM 250: Men's Health – Aging Well with Malcolm Sickels • June 22, June 29 or July 6; 7 p.m. • We will discuss keeping men's health during aging: maintaining muscles, preserving prostates, having hair, and building bones. Free. Call 332-9936; HTTP://drsickels.com.

CAM 120: Choosing the Right Supplements for You with Malcolm Sickels • July 7, 13, 20 or 27; 7 p.m. • Supplements are not regulated by the government, so how do you find supplements that are good for you? There are conflicting news reports about whether supplements are good or bad, so where does the truth lie? We will explore the research and how to find quality supplements. Free. Call 332-9936; HTTP://drsickels.com.

CAM 205: Keeping Your Bones Strong and Healthy for a Lifetime with Malcolm Sickels • Aug. 17, 24 or 31; 7 p.m. • Our bones get weaker once we pass early adulthood. How do we decide between the various supplements, medications, and lifestyle choices that might affect our bones? We will explore the available treatments for bone strength and find the best treatments to keep us healthy. Free. Call 332-9936; HTTP://drsickels.com.

Holistic Energy Care Course and Retreat through Self Realization Meditation Healing Centre • May 20-21, 10-5 each day • This is a course for health care professionals, complementary practitioners, carers, teachers, voluntary workers, and all who wish to deepen their understanding and care for their own energy, thus enhancing both their work with others and their personal lives. Many people-workers use inner resources that are often not part of their job description. While the use of the "hidden essence of care" or energy, can lead to inspired work, its ungoverned use can also lead to burn out in the long run. Practical ways of being in charge of our own energy will be taught as well as explaining the scientific reasoning behind these methods. $185 includes lunches. $229 includes lodging and full board. Call 517-641-6201; SRMHCMichigan@CS.com.

Hypnosis

Weight Loss Hypnosis with Jon Zapf • May 14 from 11:30-1, June 3 from 11-12:30 • Lose weight with hypnosis. $40 with a guarantee to return for one free seminar within one year. Call 734-854-1514; read44uu@aol.com.

Stop Smoking Hypnosis with Jon Zapf • May 14 from 1-2:30, June 3 from 12:30-2 • Stop smoking with hypnosis. $40 with a guarantee to return for one free seminar within one year. Call 734-854-1514; read44uu@aol.com.

Hypnosis for the Health of It with Eileen Bond • May 7, 3:30-5 • Learn what hypnosis is and why and how it works. Learn how hypnosis can be used for health and healing. Experience an introductory trance. $25. Call 734-330-7595.

Infant Massage

Infant Massage Classes with Audrey Simon • New classes begin monthly • Four-week class to learn the benefits and methods of interactive massage according to baby's individual needs. The purpose of this class is to enhance loving communication and bond between baby and caregiver. $90 includes handbook, bottle of oil and handouts. Call 741-9706; audreysimon@aol.com. For more information on Audrey, see the **Practitioner Review** article in this issue of the *Crazy Wisdom Community Journal*.

Intuitive Awareness & Psychic Development

Drop-In Intuitive/Psychic Readings with Molly Ann Indura in the Crazy Wisdom Tea Room • Saturdays, 10:30 a.m.-1:30 p.m. • $1 per minute. No appointment necessary. Call 417-8317; mollyannindura@hotmail.com.

Drop-In Intuitive/Psychic Readings with Diane Evans in the Crazy Wisdom Tea Room • Saturdays, 2-5 p.m. • Diane believes we all have the answers to the questions and concerns within us. Sometimes we just need a little help finding them. Diane's intention is to help you find the oracle that resides within you as she shares impressions, metaphors and messages to be utilized as tools for self-insight. $1 per minute. No appointment necessary. Call 327-9568; in-genius@comcast.net.

Drop-In Intuitive/Psychic Readings with Marcella Fox in the Crazy Wisdom Tea Room • Sundays, 2-5 p.m. • Marcella offers guidance and healing using a variety of techniques ranging from intuitive readings to Tarot and Mana Card readings. Readings may include channeling on special issues, Reiki, past life readings, chakra balancing and journeying. She also offers readings on pets involving remote viewing (your pet need not be present). $1 per minute. No appointment necessary, although a sign-up sheet is available. Call Marcella at 734-717-8513.

Psychic Development with James, Little Eagle Standing Strong • July 15, 1-4 at Crazy Wisdom Community Room • This workshop teaches techniques for psychic development, including meeting your spirit guides, meditation, discovering your healing chi, and working with a pendulum. $150. Call 888-245-2637 or 586-773-1861; james21centuryapostle@comcast.net.

Develop Your Unique Psychic Abilities with Nancy Crisp • June 23, 7-9 p.m. and June 24, 9-5 • Exploring our own unique psychic abilities leads us to a deeper and more joyful relationship with our spiritual self and our spiritual helpers. We will explore spiritual communication through our senses. Friday will be a message circle with channeled messages for each participant from their spirit guide(s). Saturday, we will explore together using meditation, discussion, and hands-on practice. $125. Call 429-3518; nancycrisp@comcast.net.

In-Genius: Accessing and Applying Intuition with Diane Evans • May 15, June 13; 7:30-9 p.m. at Crazy Wisdom Community Room • This presentation and demonstration will explain how intuition training, psychic development, self healing, and personal growth are all integrally connected. Experience how our natural abilities can be accessed and applied in safe, fun, and beneficial ways so that we can change and enhance our personal and professional lives. Admission is free, but registration is required within 24 hours of class. Call 327-9568; in-genius@comcast.net.

Intuitive Awareness 1: Awareness and Intuitive Self Healing with Ray O. Golden of Center for Intuitive Health • May 20-21, 10-5 each day • Learn simple and powerful techniques to begin to perceive, ground and heal your psychic and emotional space, aura and chakras. These tools allow you to do personal healing while developing your intuitive perception. Learn to clear others' energies out of your field, which can be particularly valuable when you are dealing with negative or draining energies in work and personal life. You also learn to communicate with both your own and others' (people and animals) God-of-the-Heart (Higher Self), and to do readings from that level. Also Preparation for Animal Communication. $189 with early payment and multiple discounts offered. Call 663-9724; intuitivehealth@aol.com.

Intuitive Awareness 2: Deepening Awareness and Skills with Ray O. Golden of Center for Intuitive Health • July 1-2, 10-5 each day • Continue to develop your intuitive perception, do personal healing and learn to recognize and heal layers and boundaries of the aura and out of body chakras. Connect with one of your healing guides to communicate and do healings. $199 with early payment discount offered. Call 663-9724; intuitivehealth@aol.com.

Intuitive Awareness 3: Putting It All Together with Ray O. Golden of Center for Intuitive Health • Aug. 5-6, 10-5 each day • Read auras and do professional quality clairvoyant readings. Learn to communicate directly with guides. Prerequisite Intuitive Awareness 1 and 2. $199 with early payment discount offered. Call 663-9724; intuitivehealth@aol.com.

Developing Intuition with Linda Diane Feldt • May 6, 10-1 followed by lunch and free time • Imagine a Saturday that combines learning, good company, a nourishing lunch, and time for play – swimming, boating or just gazing at the water. The setting is a 100-year-old log cabin located on a lake. We'll focus on the basics of how intuition works, how to strengthen it, tools you can use, combining intuition with logic, and practical ideas about how to use it and further practice. $50 includes lunch with barter arrangements available. Call 662-4902; feldt@holisticwisdom.org.

Mediumship with Betsy Bergstrom through Spirit Weavers • July 22-23, Saturday 9-6 and Sunday 9-4 in East Lansing • $355 or $335 if pre-registered by July 1. For complete information, call 517-543-6754 or visit their website at www.spiritweavers.net.

Intuition: The Owner's Manual with Shala Kilmer • Eight weeks starting Monday, July 17, 6:30-9:30 p.m. • Learn to use your own psychic abilities. Results are immediate. Many techniques taught. Limited to 12 participants. $345 includes book. Call 248-258-8287; shalakilmer@comcast.net or www.intuitionpath.com.

Jain Teachings

Jain Studies with Pramodaji Chitrabhanu through Lighthouse Center • July 14-16 • Learn about the Jain dharma of ahimsa (non-violence), relativity of thinking, and the Jain theory of karma. With the commitment to living what she teaches, Pramodaji inspires her students to do the same. For cost and times, call Prachi at 734-449-4381; thielp17@yahoo.com.

Weekend Workshop with Jain Master Gurudev Shree Chitrabhanuji through Lighthouse Center • May 12-14 and Aug. 11-13 • Chitrabhanuji brings to the West the 5,000 year old teachings of non-violence, reverence for life, and relativity of thinking. Through these teachings, he gives practical guidelines for everyday life. He will give a lecture each day and is also available for private consultations. $10-$30 each day. Call Prachi at 734-449-4381; thielp17@yahoo.com.

Kids & Young Adults

Discovery Days for Gaia Kids with Bridget O'Brien • May 14, June 18, July 16, Aug. 20; 2-4 p.m. • You and your children of all ages are invited to discover the seasons and natural world around us! Storytelling, garden walks, crafts and projects based on the month, and how our earth grows. The gatherings take place in a newly created medicine wheel garden and on the expansive land surrounding the Gaia Center. Free. Call 717-8704.

Like Water Youth Drumming Camp with Tom Machowicz • June 19-23, 9 a.m.-Noon • For grades three through eight. For complete class description, please see listing in Drumming section.

Fairies and Flowers: Herb and Nature Study for Children with V. Brighid Snowdon • Five Fridays: May 5, June 2, June 23, July 14, Aug. 18; 9-Noon or 1-4 • For complete class description, please see listing in Herbs section.

Pony Camp for Children ages 5-14 at Hold Your Horses Farm • June through August: Tuesday, Wednesday, Thursday; 9:30-1:30 • For complete class description, please see listing in Animals & Spirit section.

Getting to Know Horses, Getting to Know Yourself: A Hands-on Workshop for Middle and High School Students with Karen Hoffman and Vicki Yelletz • For complete description, please see listing in Personal Growth section.

Rudolf Steiner Summer Camp 2006 for grades K through 8th • June 19-July 21 • Campers can arrive as early as 8:30 to play outside before class. We will eat lunch and play summer games, enjoy the slip and slide, and create a relaxing summer rhythm of outside and inside play. We have 17 different summer classes that run for one week each based on grade level, including Fairyland and Gnomehome Adventure, Crafts Galore, Gym Games, Beading, Knitting, Nature Art and Hiking, Building Forts and Sand Castles, Papier-Mache, Weaving, Stitchery, and Basketball. We will have two options: Class from 9-Noon or class from 9-Noon and summer fun from Noon-3. For cost and registration, contact Chuck Barbieri at chuckbarbieri@sbcglobal.net, or phone Rudolf Steiner School of Ann Arbor at 995-4141; www.rssaa.org.

Animal Ink – Writing Workshops for Children ages 7-13 through Language Link • One-week sessions beginning June 12, 19, 26, July 17, 24, 31, Aug. 7, 14, 21 • For complete description, please see listing in Writing section.

Foreign Language Classes and Camps for Children through Language Link • Beginning Monday each week • For complete description, please see listing in Languages of the World section.

It's An Arts Thing presented by People Dancing through Performance Network • May 20, 2 p.m. • All ages welcome. For more information, call 663-0681; www.performancenetwork.org.

Breakin' Curfew, presented by the Neutral Zone and UMS • May 6, 8 p.m. at Power Center • Ann Arbor area youth raise the curtain to offer a rare glimpse into the performance art they create in their basements, garages, schools, and Ann Arbor's teen center, the Neutral Zone. Curated, produced, and marketed by local high school students, this annual event allows entrance into the colorful and innovative minds of talented young performers. Existing only in Ann Arbor, this special show blends spoken word, dance, ska, rock and roll, hip-hop, classical music, jazz, and more for a single blow-out extravaganza of thought-provoking musical, lyrical, and visual art. This event is the ultimate reflection of the jaw-dropping artistic diversity that thrives in our teen community. $10 general admission. For tickets, call 764-2538; www.ums.org.

Storytelling Saturdays at Nicola's Little Professor Bookshop • Every Saturday, 11 a.m. • Local storytellers come to tell wonderful stories for children, with an animal visit once per month. No cost. For information on presenters, call 662-0600.

Summer Art Classes at Ann Arbor Art Center • Youth art classes offered for ages 2–17 involving many differing types of media. For complete information, call 994-8004 ext. 101; info@annarborartcenter.org.

Creativity Camp at Ann Arbor Art Center • June 9-Aug. 25, 9 a.m.-4 p.m. • Hands-on art classes for ages 4-12. In ten-week themed art camps, students explore art and artists from different countries. Full day, morning, and afternoon sessions available. 4-5:30 p.m. post-camp session also available. For complete information, call 994-8004; www.annarborartcenter.org.

Tai Chi for Youth ages 8-11 and Family with Wasentha Young of Peaceful Dragon School of Tai Chi Chuan and Chi Kung • Fridays: April 14 through May 5, 4-5 p.m. • For complete description, please see listing in Tai Chi section.

Super Science Shows at Ann Arbor Hands On Musem • Saturdays and Sundays, 1 and 3 p.m. • $6 children, $7.50 adults. Call 995-5437; www.aahom.org.

Charlotte's Web through Wild Swan Theater • May 3-7 at Towsley Auditorium • For grades K through 5th. $10 adult, $8 child. Call 995-0530; www.wildswantheater.org.

The Crazy Wisdom Calendar

Knitting

Knitting and Meditation with Sissel Bridges • Wednesdays, 6:30-9 p.m.; Saturdays, 10-12:30 • We will explore meditation and knitting for stress relief, spiritual awakening, creativity or other reasons, and will include grounding techniques, breathing exercises, knitting technique, meditations, and journaling. The rhythmic and repetitive quality of the stitching, along with the clicking of the needles, resembles a calming mantra. Limited to six participants. $35 for first workshop includes written materials. $15 for continuing classes. Call 734-340-3766; norwegianknitting@aol.com.

The Labyrinth

Labyrinth Walk through Visitation • First Fridays of each month, 9-5 • The labyrinth, representing the spiritual journey, is found in many religious traditions. In walking the labyrinth, one literally and mindfully travels a winding path which unfailingly leads to the center place and then back outward. Feel free to come at any time during your day to take as long as you wish. No cost. Call 734-242-5520; visitation@ihmsisters.org.

Languages of the World

Foreign Language Classes and Camps for Children through Language Link • Beginning Monday each week, May through August • Students ages 5-18 will learn the written and spoken components of French, Italian, Spanish, Portuguese, Chinese, Japanese, Farsi or Arabic through culturally relevant literature, songs, and dance. Presenters are native instructors of the various languages. $120-$300. For more information, call Caroline Wojan at 821-0311; languagelink94@yahoo.com.

Foreign Language Classes for Adults through Language Link • Beginning Monday each week, May through August • Students will learn the written and spoken components of French, Italian, Spanish, Portuguese, Chinese, Japanese, Farsi or Arabic through culturally relevant literature, songs, and dance. Presenters are native instructors of the various languages. $120-$300. For more information, call Caroline Wojan at 821-0311; languagelink94@yahoo.com.

Love & Relationships

Marriage Preparation: Keeping the Conversation Alive – Communication and Conflict Management with Mary Stevens and Diane McCarthy • May 2, 7 p.m. • Learn the skills to communicate, listen, problem solve – even argue – so the excitement of those long conversations that brought you together continues to enliven your relationship in the day to day business of living. $50 per couple; multiple class discount available. Call Mary at 794-9989; life_cycles@comcast.net.

Marriage Preparation: Negotiating and Re-negotiating – Those Important New Boundaries with Mary Stevens and Diane McCarthy • May 9, 7 p.m. • We will discuss creating 'coupledom' from two singletons, setting a healthy boundary around your marriage, defining relationships with parents and in-laws, and more. All new challenges of the early phase of marriage. Learn how to manage these shifts with thoughtful consciousness. $50 per couple; multiple class discount available. Call Mary at 794-9989; life_cycles@comcast.net.

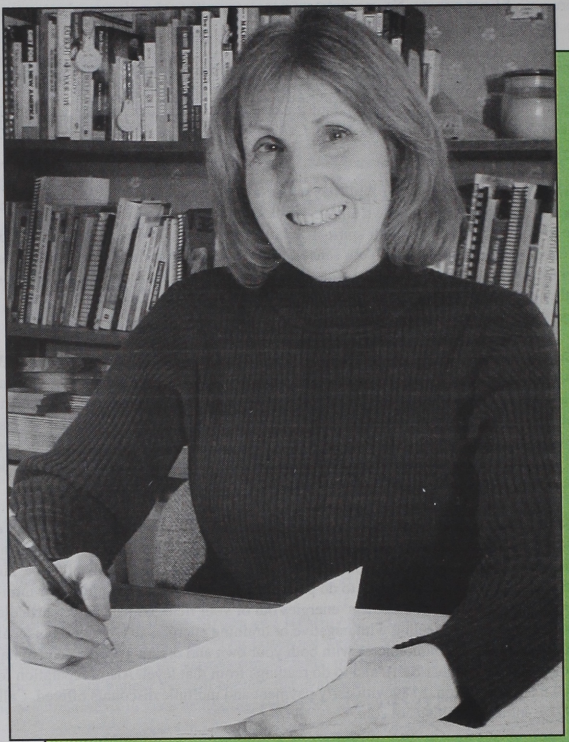
Marriage Preparation: Keeping the Love Alive – Emotional and Sexual Intimacy with Mary Stevens and Diane McCarthy • May 16, 7 p.m. • You are determined to keep the romantic excitement of your engagement alive in your marriage. Too often, the business of everyday life – work, bills, family, children – slowly erode that vow. Learn how to keep your marriage the priority even in the face of these challenges, and to deepen your emotional and sexual closeness. $50 per couple; multiple class discount available. Call Mary at 794-9989; life_cycles@comcast.net.

Marriage Preparation: Joining Your Finances, For Richer or Poorer with Mary Stevens and Diane McCarthy • May 23, 7 p.m. • You have already started making financial decisions as you plan your wedding and future together. Understand more about both of your relationships to money and learn how to begin building a solid financial future together. $50 per couple; multiple class discount available. Call Mary at 794-9989; life_cycles@comcast.net.

Finding Your Soul Mate with Shala Kilmer • June 10, 10 a.m.-4 p.m. • You will receive a detailed channeled reading describing your soul mate and what you can do to speed the process of meeting. Much more information from channeled sources on soul mating. Limited to six people. Noon meal and snacks provided. $120. Call 248-258-8287; shalakilmer@comcast.net.

Massage

Drop-In Massage at Crazy Wisdom Tea Room with Michael Bratcher • Saturdays, 2-5 p.m. • Come in to Crazy Wisdom at the end of your week and get a massage! $1 a minute. No appointment needed. Call 665-2757.



Cindy Klement is a locally based Herbalist and Health Educator who teaches classes and workshops around the country.

"As a Holistic Health Educator, I have a passion for teaching people, whether it be to a group of 2 or 200, to take control of their own lives and embrace what it means, what it feels like, to BE healthy. Educating people in this field is a profound experience for me and Ilove when my students and clients come back to me and share their stories of successes and how they, in turn, help to educate others."

Belavi Facelift Massage Seminar with Nina Howard • July 15-17 • CEU opportunity for massage therapists and healing arts professionals. Expand your business and turn your treatment room into a spa with this holistic, pampering treatment. 24 CEUs. $835 includes professional starter kit. Call 800-235-2844 or 747-7661; info@belavi.com.

Anatomy and Palpation Skills with Christia West at the Ann Arbor Institute of Massage Therapy • June 23-25, 8:30 a.m.-5 p.m. • This workshop will expand the student's ability to palpate body landmarks, muscles and structures. Emphasis is on anatomy, body mechanics, exercises for increasing sensory awareness and self care. Experiential techniques are used to help distinguish muscles, bones and various other structures. 21 CE credits. $350 or $235 for AAIMT graduate. Call 677-4430 ext. 23; fax 677-4520; info@aaimt.edu.

Neuromuscular Therapy I with Jocelyn Granger at the Ann Arbor Institute of Massage Therapy • June 16-18, 8:30 a.m.-5 p.m. • This workshop begins with an examination of the theory and history behind neuromuscular therapy. Back, neck, and posterior hip are the areas of focus for this workshop. 21 CE credits. $350 or $235 for AAIMT graduate. Call 677-4430 ext. 23; fax 677-4520; info@aaimt.edu.

Neuromuscular Therapy II with Jocelyn Granger at the Ann Arbor Institute of Massage Therapy • July 7-9, 8:30 a.m.-5 p.m. • Neuromuscular therapy is used for the freeing and relief of chronically tense, contracted, and painful tissues. It is an advanced form of massage therapy, which requires a high degree of anatomical precision, specificity, and skilled palpation. Neuromuscular therapy provides complete and effective relief from chronic pain and tension. Treatment of shoulder, arm and hand, and lower leg and foot. 21 CE credits. $350 or $235 for AAIMT graduate. Call 677-4430 ext. 23; fax 677-4520; info@aaimt.edu.

Neuromuscular Therapy III with Jocelyn Granger at the Ann Arbor Institute of Massage Therapy • July 21-23, 8:30 a.m.-5 p.m. • Neuromuscular therapy is used for the freeing and relief of chronically tense, contracted, and painful tissues. It is an advanced form of massage therapy, which requires a high degree of anatomical precision, specificity, and skilled palpation. Neuromuscular therapy provides complete and effective relief from chronic pain and tension. Treatment of the abdomen, head, TMJ, medial and anterior thigh. 21 CE credits. $350 or $235 for AAIMT graduate. Call 677-4430 ext. 23; fax 677-4520; info@aaimt.edu.

Myofascial Therapy I with Jocelyn Granger at the Ann Arbor Institute of Massage Therapy • July 28-30, 8:30 a.m.-5 p.m. • Myofascial Therapy is an effective form of Deep Tissue Massage which addresses postural distortions and chronic myofascial patterns of strain. In this class, we are treating the core muscles. We learn to correct dysfunction due to muscular imbalances in the core area. $350 ($235 AAIMT graduate). 21 CE credits. Call 677-4430 ext. 25; fax 677-4520; info@aaimt.edu.

Myofascial Therapy II with Jocelyn Granger at the Ann Arbor Institute of Massage Therapy • Aug. 25-27, 8:30 a.m.-5 p.m. • Myofascial Therapy is an effective form of Deep Tissue Massage which addresses postural distortions and chronic myofascial patterns of strain. In this class, we learn how to treat the Thoracic and Cervical Regions. We learn to help correct postural dysfunction due to muscular imbalance in the thoracic and cervical areas. 21 CE credits. $350 or $235 for AAIMT graduate. Call 677-4430 ext. 23; fax 677-4520; info@aaimt.edu.

Pathology with Christia West and Amber Riddle-Scampton at the Ann Arbor Institute of Massage Therapy • May 13, 8:30 a.m.-5 p.m. • Massage therapists are ethically responsible for recognizing clients' deviations from ideal health and knowing if massage is indicated or contraindicated. Our purpose is to help the beginning massage student form a knowledge base upon which they can build as they begin to practice. $150 ($100 AAIMT graduate). 7 CE credits. Call 677-4430 ext. 25; fax 677-4520; info@aaimt.edu.

Medicine for the Earth

Medicine for the Earth: Experiential Work with Miracles and Personal Environmental Transformation with Kate Durda and Stephanie Tighe of Spirit Weavers • June 10-11, Saturday 10-5 and Sunday 9:30-4:30 near Lansing • Powerful two-day experiential workshop/personal retreat is based on the work of Sandra Ingerman, author of *Soul Retrieval*, found in her most recent book, *Medicine for the Earth*. You will learn how to transform personal and environmental energy blockages and pollution by learning how to transmute negative beliefs, attitudes, and the energy that comes forth from our emotions. Learn about alchemy, and how to create miracles. We will end with a healing ceremony on Sunday afternoon. This work and ceremony is the focus of a recent U of M Integrative Healthcare study on the effects of Medicine for the Earth methodology upon the health of heart attack survivors. $125-$200 sliding scale paid by June 1. Call 517-543-6754; spiritweaver@voyager.net.

Meditation

Sahaja Yoga Meditation with Ruchi • Tuesdays, 5:30-6:30 p.m. in Crazy Wisdom Community Room • This meditation involves kundalini awakening, chakra balancing, and becoming your own guru. Free. Visit www.sahajayoga.org or www.michiganyoga.org.

Learn to Meditate with Nirmala Nancy Hanke through Lighthouse Center • Last Friday of each month: May 26, June 30, July 29, Aug. 25; 7-9:30 p.m. • An introduction to mantra meditation in the Jain tradition. One hour presentation and discussion, followed by meditation and empowerment. $35 or $15 to repeat. Call Prachi at 734-449-4381, thielp17@yahoo.com.

Intensive Meditation through Lighthouse Center • First and third Fridays of each month, 7-10 p.m. • Mantra meditation, 20 minutes on each of the seven chakra centers. No cost; love offering. Call Prachi at 734-449-4381, thielp17@yahoo.com.

Introduction to Meditation with Kapila Castoldi • Tuesdays: May 9, 16, 23, 30 or Wednesdays: June 28, July 5, 12, 19; 7:30-9 p.m. • Four-week introductory series exploring various techniques for entering the meditative state, including exercises in concentration, breathing, chanting, and visualization. The class will also touch on basic concepts on the Indian philosophy and the role of the spiritual teacher. Free. Call 994-7114.

Meditation Foundation through Self Realization Meditation Healing Centre in Bath • May 15, June 6, July 11; 7 p.m. • This simple practice can help conquer stress and emotional reactions, improve concentration, balance blood pressure, reduce the risk of headaches, relieve pain and tension, and promote peace, serenity, and health. $20. Call 517-641-6201; SRMHCMichigan@CS.com.

Silent Retreat through Self Realization Meditation Healing Centre in Bath • July 21-23 • Imbibe peace and quiet of the Centre's spiritual environment. Retreats offer plenty of time for meditation, reading, walking, and relaxing. Delicious simple vegetarian food provided. $109 includes meals. Call 517-641-6201; SRMHCMichigan@CS.com.

Guided Meditations: Breath, Energy, and the Path with Shaykh Waleed of Body Mind Spirit Wellness Centers • Tuesdays, 6-8 p.m. • Extracting from many widely recognized spiritual traditions, including Tibetan Buddhism, Sufism, Jewish mysticism, gnostic Christianity and others, the class explores such universal wisdoms and essential teachings which exist in all paths. The class utilizes various audio soundscapes, audio adventures, and spiritual lectures to enhance the meditation experience. $66 monthly. Call Abe at 945-8602; staff@bmswc.com.

The Search for Wisdom: Realizing Non-Dual Awareness through Meditation with Barbara Brodsky of Deep Spring Center • Tuesdays: May 8, 16, 23; 7-9:30 p.m. • A short course for all meditators beyond introductory level interested in deepening non-dual awareness. What is non-duality, and how do we experience it and live from that awareness? How can our meditation practice help to strengthen non-dual awareness? This class will be more practical than theoretical and based in practice. $30-$60 suggested donation per session. Call DSC at 477-5848; www.deepspring.org.

Sunday Morning Group Meditation with Susan Weir and other Deep Spring Center Teachers • Every Sunday, 10-11:30 a.m. • Sunday morning sitting (insight meditation) for one hour, followed by a half-hour of mindful sharing. No registration needed. Donations gratefully accepted. Call DSC at 477-5848; info@deepspring.org.

Vipassana: Listening to the Heart with David Lawson and Frank Levey of Deep Spring Center • Thursdays, July 13-Aug. 31; 7:15-9:30 p.m. through Ann Arbor Community Rec and Ed • How can we bring greater attention, awareness, and care into all aspects of our daily lives? How can the qualities of lovingkindness, compassion, sympathetic joy, and equanimity be further expressed in the world? As we work with the practices of mindfulness and meditation, we develop greater clarity and deeper understanding of how things really are. This growth enables us to act more skillfully in the world. Basic meditation instruction for beginners or those wanting a review will be provided. $79 for Ann Arbor residents. Call DSC at 477-5848 or David at 662-8317; info@deepspring.org.

For Beginners: Insight Meditation and Mindfulness Practices with Jim Whiteside, Kevin Smyth, and Peg Tappe of Deep Spring Center through Ann Arbor Community Rec and Ed • Wednesdays, June 21-July 26; 7:30-9:30 p.m. • Insight meditation and mindfulness are simple and direct practices of moment-to-moment awareness of mind/body processes through which we cultivate an ability to be present in each moment, deeper understanding of how things are, and increased skill to act with wisdom and compassion. Although the techniques come from the Buddhist tradition, the course has no religious content and is suitable for persons of any religion, spiritual or philosophical orientation. $59 or $69 outside the Ann Arbor school district. Call DSC at 477-5848 or Jim at 995-0639; info@deepspring.org.

Introduction to Vipassana Meditation: A Half-Day Workshop with Deep Spring Center • Two Saturdays, 9 a.m.-Noon; May 13 with Ann Barden and Larissa Czuchnowsky, July 15 with Cassie Cammann • An introduction to insight meditation. No experience necessary. This program provides an excellent opportunity to find out what Vipassana is all about and experience the practice firsthand. The workshop is also recommended for meditators who would like a refresher in practice fundamentals. Wear comfortable clothes. Meditation cushions and chairs provided. $20 suggested donation. Call DSC at 477-5848; info@deepspring.org.

Tune Up Your Practice with Barbara Brodsky of Deep Spring Center • June 6, 7:30-9:30 p.m. with group meditation at 7 p.m. • An opportunity to tune up your meditation by looking deeply at the practice. Where am I now? What will deepen my present practice? Discussion and question and answer session in a small group. $10-$20 suggested donation. Call DSC at 477-5848 or Carol at 475-9312; info@deepspring.org.

Looking at the Heart of Practice with Barbara Brodsky of Deep Spring Center • June 5, 7:30-9:30 p.m. with group meditation at 7 p.m. • A talk on the dharma and bringing our meditation experiences into the whole of our lives. A special focus will be living with loving kindness, wisdom, and compassion in this chaotic world. Talk followed by question and answer and discussion. No experience required. $10-$20 suggested donation. Call DSC at 477-5848; info@deepspring.org.

Vipassana and the Open Heart: A Residential Meditation Retreat with Barbara Brodsky, John Orr, and Aaron of Deep Spring Center • June 16-24 or June 16-19 in Clarkston • Along with insight meditation, we'll work with support practices that invite us to open our hearts and minds to whatever suffering we may see and feel. We open with courage and gentleness, bringing both wisdom and compassion to the present moment. The retreat will be held in noble silence, with instructions for beginning and advanced meditators, evening talks, and optional group meetings and private interviews with the teachers. Mindfulness throughout the day will be the intention, with alternating periods of sitting and walking practice. The meditations derive from Buddhist traditions but no special religious beliefs are necessary to the practice. $455 for full week or $295 for four days plus donation for teachers. Call DSC at 477-5848 or Pat at 996-3743; info@deepspring.org.

Support for Your Meditation Practice with Susan Weir of Deep Spring Center • Wednesdays: May 10, 17, 24; 1:30-2:30 p.m., optional meditation at 1 p.m. • Wondering about what's coming up in your sittings? This class will focus specifically on practice. There will be an overview of understanding why vipassana instructions are presented the way they are. Is there anything special about the breath? What about noting? What are the roles of mind and the larger awareness, how do they fit together? How does practice progress? Class will be small to give opportunity to talk about your experience, sharing insights and questions. This class is appropriate for anyone who has received the basic meditation instructions. $30-$60 suggested donation. Call DSC at 477-5848 or Susan at 663-1675; info@deepspring.org.

The Paramitas: Sitting with Goodness with Ann Barden and Lisa Zucker of Deep Spring Center • 11 Saturdays: May 20, June 10, 24, July 8, 22, Aug. 12, 26, Sept. 9, 23, Oct. 14, 28; 9:30-11:30 a.m. • The paramitas, also known as the perfections, are generosity, morality, renunciation, wisdom, energy, patience, truthfulness, determination, lovingkindness, and equanimity. These qualities of goodness, guides to living skillfully and happily, are embodied in each of us and they can be further developed through study and practice. We will work the formal meditation practice and one of the ten paramitas in each session after the first class. The text will be *Pay Attention, For Goodness Sake* by Sylvia Boorstein. Appropriate for anyone who has received basic meditation instructions. $110-$220 suggested donation. Call DSC at 477-5848 or Susan at 663-1675; info@deepspring.org.

Journey Into Meditation: Introduction with Wasentha Young and Ema Stefanova through Harmony of Energy Center • July 10, 1-4 • During this introductory workshop, instructors will introduce two meditation practices, Yoga Nidra and Qigong, to promote a powerful and deeply relaxed connection to one's authentic being. These meditation practices will be the basic meditation techniques that will be used to shape the experience of the weekend retreat July 22nd. Participants do not have to attend the retreat. $125 with early registration discount available. Call 741-0695; www.peacefuldragonschool.com.

The Crazy Wisdom Calendar

Meditation (continued)

Journey Into Meditation: Weekend Retreat with Wasentha Young and Ema Stefanova through Harmony of Energy Center • July 22-23 • During this weekend retreat, Yoga Nidra and Qigong will be explored to promote a powerful and deeply relaxed connection to one's authentic being. In Yoga Nidra, one appears to be asleep, but the consciousness is functioning at a deeper level of awareness. Qigong offers moving and standing meditation techniques to awaken the senses of the body/mind relationship and one's connection with nature. Weather permissible, portions of this workshop wil be presented outdoors. Journey into Meditation will create a positive and lasting experience for both beginner and advanced participants. $225 with early registration discount available. $280 for retreat plus Introduction June 10th. Call 741-0695; www.peacefuldragonschool.com.

Mothering

Mothering Arts Support Group with Merilynn Rush and Amanda Smith of New Moon Midwifery • Thursdays, 11 a.m.-1 p.m. • Free drop in sessions open to all parents of little ones up to one year old. Share resources, ideas, and support for attachment-style parenting. Discussion topics vary based on your suggestions and needs, with guest speakers from the community. Free. Call 424-0220; info@newmoonmidwifery.com.

Getting to Know Horses and Each Other: A Hands-On Workshop for Mothers and Daughters with Karen Hoffman and Vicki Yelletz • May 13, 10-2; June 11, 9-1; July 8, 9-1; Aug. 12, 9-1 • Equine Assisted Growth and Learning is a growing field in which participants learn about themselves and others by participating in activities with horses and then processing those experiences. Mothers and daughters will participate in a fun journey of discovery through interaction with horses and each other, including paired activities both on and off the horses. $40 per person. Call Karen at 248-318-9787; primoplace@comcast.net.

Oh, No! I've Become My Mother! with Patty Danks of Visitation Spirituality Center • May 6, 9:30-12:30 • The mother-daughter relationship is filled with wonder, mystery, and frustration. Why is it so complicated? This session will shed light on the dynamics that make us feel close to, or distant from, our mothers and daughters. Whether your daughter is a trying teen or you feel unreconciled in your relationship with your mother, you will find this session interesting and helpful. Time will be allowed for personal stories and conversation. $20. Call 734-242-5520; visitation@ihmsisters.org.

Music & Sound

23rd Annual Ann Arbor Summer Festival • June 16-July 9 • This Ann Arbor tradition features a variety of performances that will be held over the course of these summer weeks, including dance, music, and entertainment. Top of the Park offers free music performances and movies. The schedule can be viewed at their website beginning May 26. Mainstage bookings at the Power Center includes 17 performances, including Jungle Jack Hanna, Ani Difranco, Les Yeux Noirs, and Golden Dragon Acrobats. Fun for the whole family, there are many offerings to please everyone. For ticket information, call 764-2538. For a complete schedule, visit www.annarborsummerfestival.org.

Breakin' Curfew, presented by the Neutral Zone and UMS • May 6, 8 p.m. at Power Center • Ann Arbor area youth raise the curtain to offer a rare glimpse into the performance art they create in their basements, garages, schools, and Ann Arbor's teen center, the Neutral Zone. Curated, produced, and marketed by local high school students, this annual event allows entrance into the colorful and innovative minds of talented young performers. Existing only in Ann Arbor, this special show blends spoken word, dance, ska, rock and roll, hip-hop, classical music, jazz, and more for a single blow-out extravaganza of thought-provoking musical, lyrical, and visual art. This event is the ultimate reflection of the jaw-dropping artistic diversity that thrives in our teen community. $10 general admission. For tickets, call 764-2538; www.ums.org.

University Musical Society Performances • For tickets, call 764-2538; www.ums.org. **Dave Brubeck • May 13, 6 p.m. at Hill Auditorium •** UMS honors jazz legend and composer Dave Brubeck with the 2006 UMS Distinguished Artist Award at the 11th Annual Ford Honors Program. This performance will serve as a retrospective of Brubeck's illustrious career as a world ambassador of improvised and composed music. He will be joined by members of the Dave Brubeck Quartet and conductor Russell Gloyd, as well as members of the Ann Arbor Symphony Orchestra. Ticket prices range from $10-$60. Ford Honors Gala Dinner immediately follows the performance, with tickets beginning at $200. **UMS Choral Union performs Mahler's Symphony No. 2 • June 2-4 at Orchestra Hall, Detroit •** For tickets, call 313-576-5111.

Oscar Santillan and Friends: Transformational Music from Ecuador with Oscar Santillan, Laz and San Slomovits of Gemini, Helen Slomovits, and Emily Slomovits • May 27, 7:30 p.m. • Uplifting and healing music played on a great variety of traditional instruments from the Andes: pan pipes, reed flutes, and drums. Joining will be Gemini as well as Helen and Emily Slomovits on harp, violin, and guitar, with original songs inspired by Andean wisdom and culture. $10. Call Helen or Laz at 665-0409; helens22@comcast.net.

KEM performing at Renaissance Unity in Warren • May 5, 8 p.m. • Motown's critically-acclaimed R&B singer/songwriter KEM will hold a special concert at Renaissance Unity. With a certified gold debut of his cd, Kemistry, followed by KEM Album II nearing platinum selling status, KEM has become a nationally celebrated artist. He was among the music artists recognized during the 37th Annual NAACP Image Awards. $40 tickets available by phone at 586-353-2300; www.renaissanceunity.org.

Native American

Red Lodge Open House and Sweat Lodge Ceremony with Debbie Mast of Flowering Tree Lodge • May 18, June 19, July 19, Aug. 16; 7-10 p.m. • An introduction to Red Lodge, a year long program in shamanic teachings and ceremonies which connect you to the natural world and unify your emotions, body, mind, spirit, and sexuality. A one-hour description of the program is followed by an optional Sweat Lodge ceremony in Royal Oak. Free. Call Debbie at 248-414-5376; Ftreelodge@aol.com or www.Floweringtreelodge.net.

Background and biographical information on most of the Teachers, Lecturers and Workshop Leaders in this issue of the Crazy Wisdom Calendar can be found on our website at www.

Natural Building

Three Little Pigs Tour and Video with Deanne Bednar of Strawbale Studio Project • June 14, 6:30-9 • This program includes a light supper, tour of Strawbale Studio, and a lively strawbale construction video. $20 with discounts available on website. Call 248-628-1887; ecoartdb@aol.com or www.freewebs.com/strawbalestudio.

All Ages Natural Building Sampler with Deanne Bednar of Strawbale Studio Project • May 27, 10-5 • Tour the thatched-roof strawbale studio and see a Rocket Stove Heated Bench. Includes hands-on natural building experiences. Overnight lodging or camping available. Learn about upcoming projects and kids' cottage. Sunday activities available with a community lunch. $45 with discounts available on website. Call 248-628-1887; ecoartdb@aol.com or www.freewebs.com/strawbalestudio.

Nature

Closer to Nature: Less Stuff Between You and It through Aegis Consulting • May 2, 7-9:30 p.m. at Crazy Wisdom Community Room • One third of all products are packaging. Why start with so much waste? One third of everything packed is never used. Why even bring it? One third of life is noise. Why let it follow you? You aren't going camping to take the baggage with you. You don't want to do inadvertent harm. You just want peace. Come meet with Aegis' founder, an experienced camper, who will share tips on how to do it lighter, simpler, cleaner, and kinder. $5. Call Caryn Malokofsky at 730-1064; management@aegisconsulting.org.

Naturopathy

Hormonal Health and Your Liver with Dr. Michelle Loewe sponsored by People's Food Co-op • Jan. 10, 7-8:30 p.m. at Crazy Wisdom Community Room • Learn how a healthy liver can help in the treatment of a variety of hormone related conditions – PMS, thyroid, endometriosis, breast cancer, ovarian cysts – and learn how to support your liver with diet, herbs, homeopathics and more. Free. Call Cynthia Edwards at 994-4589; education@peoplesfood.coop.

Rejuvenate Your Health with Liver Cleansing and Detoxification with Dr. Michelle Loewe sponsored by People's Food Co-op • Mar. 14, 7-8:30 p.m. at Crazy Wisdom Community Room • The liver is considered the master organ governing all the others, and many strange symptoms disappear when the liver is strong. Learn about a wellness approach to supporting liver health and different techniques for cleansing and detoxification, diet and herbs. Free. Call Cynthia Edwards at 994-4589; education@peoplesfood.coop.

Coping with Stress, Naturally with Michele Loewe sponsored by People's Food Co-op • May 16, 7-8:30 p.m. at Crazy Wisdom Community Room • We will explore how nutrition, herbs, and homeopathy can aid a person in managing anxiety and stress. Free. Call 994-4589; education@peoplesfood.coop.

The Adrenals: How to Achieve Optimal Energy with Michele Loewe sponsored by People's Food Co-op • July 11, 7-8:30 p.m. at Crazy Wisdom Community Room • We will explore common causes of fatigue and discuss how nutrition, herbs, and homeopathy can help improve energy. Free. Call 994-4589; education@peoplesfood.coop.

Past Life Regression

Past Life Regression: Heal Karmic Blocks with Shala Kilmer • Aug. 12, 1-5 • Free yourself from the past. Change your life. You will be taken to a previous life, discover what caused the block, and have all energy blockages removed. Expect change. What's in store for you? Limited to six. $99. Call 248-258-8287; shalakilmer@comcast.net.

Peacemaking

One Planet, One People, One Spirit with Eileen Gannon of Weber Center • June 3, 10-4 • This day will be devoted to exploring and reflecting upon The Earth Charter, a document affirmed by millions of people throughout the world, sharing our hopes and dreams for a better world, and coming to a deeper understanding of how our spirituality informs and sustains us in this endeavor. $50. Call 517-266-4000 or fax 517-266-4004; webercenter@adriandominicans.org.

Peace Pathways Retreat at Tara's Meadow, Beaver Island with Jim Mullin-Norgaard • July 1-2 • A two-day retreat for those actively engaged with peacemaking in our world today. Together, we'll explore our often diverse, practical approaches to manifesting peace in our communities and world. Featuring round table discussions, Gandhi's three principles of peace, body prayers, and aikido philosophy in peacemaking, wilderness quiet and relaxation, and more. $80. Call 231-347-7957; www.celticbodyprayers.com.

Personal Growth

The Word, the Image, the Story: Tools of Transformation with Jan Phillips • July 7 at 7 p.m. through July 9 at 1 p.m. at Inn at the Rustic Gate in Big Rapids • Our stories are pathways to ourselves and others. Our attention, focus, clarity, and compassion are our tools of mass construction, our weapons of light against the dark. In this workshop, experience the alchemy of transforming your life experience into creations that can heal yourself and others. Discover the meaning of co-creating a culture of compassion. $250 for tuition and meals; $330 for tuition, shared room, and meals; $425 for tuition, private room, and meals. Call Marcia Stroko at 800-319-5867; rusticgate@starband.net.

Creating Co-Powerment: Discovering Self-Awareness, Inner Worth, and Priorities Together with Lani Kwon Meilgaard • Afternoons: May 28 and Aug. 6, 1-3 p.m.; Evenings: June 23, 7-9 p.m. • Are you going through transition? Take charge of your life, help others find their true paths, and make your dreams become reality. This workshop uses a specialized worksheet, fun activities, and lifestyle coaching to support yourself and others in making dreams come true. Limited to ten people. $20-$80 sliding scale. Call 973-1283; heavenlybalance@yahoo.com.

Basics of Manifesting with Karlta Zarley • May 13 or Sept. 9, 9-1 • Why are some things easy to manifest and others aren't? Are you doing all the right things to maximize your creative process? This class covers the basics and provides time to practice bringing your heart's desire into existence using the synergistic energy of the group. Refreshments provided. $75. Call 433-9333.

> You cannot truly listen to anyone and do anything else at the same time.
> - M. Scott Peck

Humanistic Psychology Meets Neurofeedback Technology: Collision or a Happy Marriage? with Michael Andes • May 4 and 12, 7-9 p.m. at Crazy Wisdom Community Room • This will be an open discussion about and description of neurofeedback training, an exploration of the breadth of application of NF training and its limits, and when psychotherapy goes astray. All welcome. Free. Call 622-5215; mandes@comcast.net.

Getting To Know Horses, Getting to Know Oneself: A Hands-On Workshop for Middle and High School Students with Karen Hoffman and Vicki Yelletz • Several options: May 6, 10-3; July 29, 9 a.m.-2 p.m.; Series: May 1, 8, 15, 22, 5-7 p.m.; Three-day workshops: June 13-15, July 10-12, July 25-27, Aug. 1-3, Aug. 8-10, 10 a.m.-2 p.m. • Students will participate in group exercises based on the Equine Assisted Growth and Learning principles, which promote self-confidence, communication, and problem solving through hands-on and safe challenges with horses. Students will also learn basic horsemanship. The emphasis will be on fun and growth in a safe, supportive environment. $60 for Saturday workshops. $100 for series. $125 for three-day workshops. Call Karen at 248-318-9787.

Free Teleseminar: How to Heal Your Broken Heart with Kirk Laman • June 5, 7:30 p.m. • Dr. Laman will briefly review his book, *How to Heal Your Broken Heart: A Cardiologist's Secrets for Physical, Emotional, and Spiritual Health*, and discuss the nature of an emotionally troubled heart and how to use the healing technique of practicing remembrance for heart healing. Free. Call 222-9862; klaman@drlaman.com.

Open Heartedness: How Living with an Open Heart Can Prevent Heart Disease with Kirk Laman • July 17, 7:30 p.m. • A live teleseminar in which participants will learn what is an open heart, how an open heart can improve our heart health, and techniques for opening your heart. Free. Call 222-9862; klaman@drlaman.com.

More than Talk Therapy: Integrating Energy Psychology into Psychotherapy with Lucinda Orwoll • June 4, 3:30-5 • Traditional psychotherapy can be enhanced and deepened by such modalities as hypnosis, guided imagery, meditation, eye movement desensitization reprocessing, and thought field therapy, which develop and utilize inner resources. Other techniques engage the subtle bodies more actively, such as reiki, Bach flowers, and energy work. This class will introduce these approaches and how they can be integrated into traditional talk therapy. For cost, call 945-3024.

Mining for Diamonds with Patricia Fero • May 20, 10:30-1:30 at Crazy Wisdom Community Room • Based on Pat's book, *Mining for Diamonds*, we will explore resiliency and how to turn your adversity into diamonds, examine tools to uncover your strengths, and create support with other miners. This workshop is for survivors of adversity and abuse. $75 includes a copy of Pat's book and miner's tools. Call 973-0817; pat_fero@yahoo.com.

Boundaries Parts One and Two with Karlta Zarley • Aug. 5, Part One: 9-1, Part Two: 2-6 • Do you feel your life is out of control? Do others take advantage of you? Boundary issues are part of every aspect of our lives. Part One will discuss different types of boundaries, how to identify them, and putting and keeping them in place with emphasis on participants' real life situations. Part Two will be about energetic boundaries, protection, individual needs, and practicing good boundary hygiene. Bring a sack lunch or you may go out. $75 per class. Call Brighid at 734-905-4206.

Boundaries Parts One and Two with Karlta Zarley • Aug. 5, Part One: 9-1, Part Two: 2-6 • Do you feel your life is out of control? Do others take advantage of you? Boundary issues are part of every aspect of our lives. Part One will discuss different types of boundaries, how to identify them, and putting and keeping them in place with emphasis on participants' real life situations. Part Two will be about energetic boundaries, protection, individual needs, and practicing good boundary hygiene. Bring a sack lunch or you may go out. $75 per class. Call Brighid at 734-905-4206.

Connecting with Your Inner Wisdom: A Women's Group Experience with Wasentha Young and Vera Moura of Harmony of Energy Center • Part 1 Introduction, May 6; Part 2 Workshop, June 3; Part 3 Workshop, July 8; 1-4 p.m. • This series of workshops will offer women a transforming life experience on how to manage stress, enhance well being, prevent or improve health problems, and increase self awareness. The program, designed to help small groups of women, includes the learning experience of a powerful, effective combination of mind-body-spirit techniques in an intimate and supportive setting. Women who are dealing with challenging situations in life, such as divorce, separation, bereavement, severe stress or chronic illness are encouraged to join. Participants will learn research-proven skills, such as breath work, meditation, fluid movement, self-acupressure, guided imagery, journal writing, and drawing. Participants will also learn how an intimate relationship with the elements of nature can bring harmony and more meaning to life. $125 for Part One. $225 for Part Two or Part Three. $475 for entire workshop with early registration discount available. Call 741-0695; www.peacefuldragon-school.com.

Life Transformative Solutions: Healthy Living Tips for Physical, Mental, and Spiritual Growth with Ramesh Narula • Sundays, 8:45-5 • You will create an action plan for a perfect today, tomorrow, and thereafter based on ayurveda, meditation, yoga, creative problem solving, breakthrough thinking, and A Course in Miracles. $100. Call 424-9139; rnarula1@yahoo.com.

Polarity Therapy

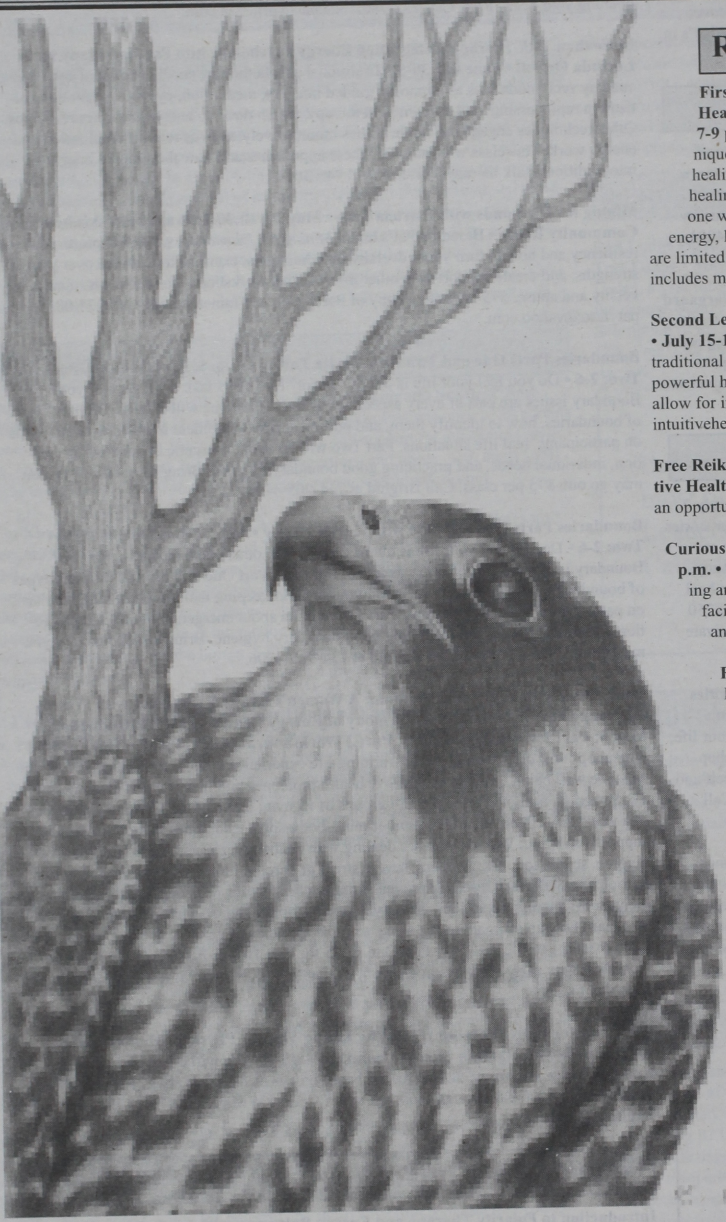
Introduction to Polarity Therapy and Energy Balancing with Linda Diane Feldt • July 1, 10-1 followed by lunch and free time • Imagine a Saturday that combines learning, good company, a nourishing lunch, and time for play – swimming, boating or just gazing at the water. The setting is a 100 year old log cabin located on a lake. You will learn basic polarity principles, including chakra balancing, energy balancing holds, and the three touches and when to use them. This system of healing appeals to both the heart and mind and this is a great chance to learn and practice this popular approach to healing. $50 includes lunch, with barter arrangements available. Call 662-4902; feldt@holisticwisdom.org.

Polarity Therapy Level 1 with John Bodary, Karen Kerns, and Renee Rutz • Eight Saturdays: May 20, June 3, 17, 24, July 8, 22, Aug. 5, 19; 9 a.m.-1 p.m. • Introductory concepts and techniques of polarity therapy are presented and practiced. $80 per class includes one hour private supervision with instructor. Call Betty Teeg at 313-647-0038; www.polaritycenter.com.

Prayer

Contemplative Prayer with Visitation Staff • Mondays, Noon-12:30 p.m. • All are welcome for a half-hour of centering prayer in which participants pray together in silence, striving to simply open themselves without words or images to God. All are requested to arrive before Noon. Call 734-242-5520; visitation@ihmsisters.org.

The Crazy Wisdom Calendar



Reiki

First Level Reiki Workshops with Ray O. Golden of Center for Intuitive Health • June 10-11, Saturday 7-9 p.m., Sunday 10-6; or Aug. 11-12, Friday 7-9 p.m., Saturday 10-6 • Reiki is a powerful, natural and ancient healing technique which can be learned by anyone. It is an ancient form of healing in which the healing energy of the Universe flows through the healer to facilitate an individual's healing at all levels: physical, emotional, mental, causal and spiritual. In the level one workshop, the student receives ALL the traditional attunements to the Reiki energy, learns to facilitate other's healing as well as self-healing techniques. Class sizes are limited to allow for individual attention. $125 with early payment discount offered; includes manual and certificate. Call 663-9724; intuitivehealth@aol.com.

Second Level Reiki Workshops with Ray O. Golden of Center for Intuitive Health • July 15-16; Saturday 6-10 p.m., Sunday 10 a.m.-4 p.m. • In the level two workshop, traditional advanced attunements deepen the process. The student learns even more powerful healing techniques and distance healing techniques. Class sizes are limited to allow for individual attention. $230 with early payment discount offered. Call 663-9724; intuitivehealth@aol.com.

Free Reiki Introduction and Healing Night with Ray O. Golden of Center for Intuitive Health • May 11, July 13, Aug. 10; 7-9:30 p.m. • An introductory talk on Reiki and an opportunity to experience Reiki energy. Free. Call 663-9724; intuitivehealth@aol.com.

Curious About Reiki? Free Introductory Talk with Suzy Wienckowski • May 10, 7-9 p.m. • Suzy speaks on the Usui system of Reiki healing. In this gentle, hands-on healing art, Universal Life Energy is transmitted through the hands of the practitioner to facilitate healing and promote balance of the whole person. Reiki is deeply relaxing and soothing. Free mini-treatments offered. Call 665-8665; suzyreiki@aol:com.

First Degree Reiki Class with Suzy Wienckowski • May 19-21 or July 7-9; Friday 7-9:30 p.m., Saturday 9:30-4, Sunday 9:30-12:30 • Reiki is a gentle, hands-on healing art. Reiki is easily learned by all and, after initiation by a Reiki Master, healing energy flows effortlessly through your hands. Reiki reduces stress, eases pain and restores balance and harmony on all levels: body, mind and spirit. The First Degree class includes the history of Reiki, hands-on form for treating yourself and others and four individual initiations. Certificate awarded. $150. Call 665-8665; suzyreiki@aol.com.

Second Degree Reiki Class with Suzy Wienckowski • June 2-3; Friday 7-9 p.m., Saturday 10-4 • Second level of training in the Usui System of Reiki Healing. Students learn and are empowered to use the three sacred Reiki symbols. The symbols focus and intensify the Reiki energy enabling the practitioner to heal on a deeper level and to send Reiki at a distance. First Degree training is a prerequisite. $500. Call 665-8665; suzyreiki@aol.com.

The Lotus of Becoming: Reiki First Degree with Rhonda Schinke • May 6-7, June 10-11, July 15-16, Aug. 12-13 • Basic level class on the healing and spiritual art known as reiki. We will discuss origins of energy, external form of practice, and how to facilitate for self and others. $150 includes materials, teaching, and meals. For times, call 248-354-0178; Danchi@aol.com or www.asunam.com/reiki_foundation.htm.

Reiki Level I Workshop for Family/Professional Caregivers, Health Care Professionals, and Healing Arts Practitioners with Ann Zalek • May 23, June 20 or Aug. 15; 10-4 • As an individual who provides direct care to others, keeping rejuvenated and grounded each day is challenging. In this one-day workshop, attendees learn Reiki Level I self-healing techniques, Reiki methods to help others, and tips for application in the care provider setting. Attendees receive the Reiki Level I attunement, a technique guidebook, and certificate. Class size is limited. $100 includes light vegetarian lunch and snack. Call TheraCare Therapeutic Massage and Healing Arts Center at 255-0403; www.theracare-massagetherapy.com.

Reiki Level II Workshop for Family/Professional Caregivers, Health Care Professionals, and Healing Arts Practitioners with Ann Zalek • July 18, 10-4 • This level II workshop is designed for individuals who provide direct care to others. Reiki I training by a Reiki Master (Usui) is a prerequisite. Attendees learn the symbols for Reiki Level II, techniques for distance work, and receive the energy intensifying level II attunement. Tips for application in the care provider setting are also discussed. Attendees receive the Reiki Level II attunement, a technique guidebook, and certificate. Class size is limited. $150 includes light vegetarian lunch and snack. Call TheraCare Therapeutic Massage and Healing Arts Center at 255-0403; www.theracaremassagetherapy.com.

Relaxation

Bellanina Spa Services: Two-Day Hands-On Seminar with Ildiko Benyak • July 29-30, 9-5 each day • Turn your treatment room into a spa with Bellanina Spa Services. This workshop is for massage therapists and healing arts professionals who want to offer more to their clients and add more to their bottom line. 16 CEUs. $395 covers all products and class materials for use in the seminar, with early registration discount offered. Call Bellanina Institute at 800-235-2844 or 747-7661; info@belavi.com.

Professional Enrichment

Holistic Energy Care Course and Retreat with Self Realization Meditation Healing Centre • May 20-21, 10-5 each day • For complete description, please see listing under Holistic Health.

Reiki Level I Workshop for Family/Professional Caregivers, Health Care Professionals, and Healing Arts Practitioners with Ann Zalek • May 23, June 20 or Aug. 15; 10-4 • For complete description, please see listing under Reiki.

Reiki Level II Workshop for Family/Professional Caregivers, Health Care Professionals, and Healing Arts Practitioners with Ann Zalek • July 18, 10-4 • For complete description, please see listing under Reiki.

Bellanina Spa Services: Two-Day Hands-On Seminar with Ildiko Benyak • July 29-30, 9-5 each day • For complete description, please see listing under Relaxation.

Mind-Body Healing: Basics for Self Awareness, Self Care, and Stress Reduction with Gaia Kile sponsored by People's Food Co-op • June 6, 7-9 p.m. at Crazy Wisdom Community Room • This two-hour workshop will introduce participants to three basic mind-body skills – breathing for relaxation, mindfulness in eating, and shaking as an approach to anxiety reduction. Participants will receive basic information about the functioning of the nervous system, as well as hands-on experience with each of these three basic mind-body skills. This workshop is suitable for individuals with chronic illnesses, people seeking stress reduction or those simply interested in learning more about mind-body medicine. Free. Call 994-4589; education@peoplesfood.coop.

Retreats

Healing Our Spirits, Healing the Earth Retreat with Karlta Zarley in Sedona, Arizona • June 3-7 • Use the energy-boosting vortexes of the red rock mesas and canyons to purify, heal, and raise your vibration. Then help heal Earth raise Her vibration so that we can all move forward towards ascension. Includes easy morning and evening hiking, group exercises, meditation, and ritual with free time in the afternoons to explore the area. Meet in Phoenix before driving to Sedona. $575 includes travel between Phoenix and Sedona. Hotel for four nights: $340 for single room or $180 for double. Airfare on your own. Call 433-9333.

Ritual

The Wheel of the Year: The Dance of the Sun and the Moon with Bronwen Gates • Usually 7:30-9:30 p.m. • Teachings and rituals to honor the cycles of the sun and moon, and the larger cycles of the stars and the cosmos within your body and your life. A time for play and healing, witness and honoring. $20 per gathering. Call 975-8754; bronwild@aol.com.

May 11 • Lunar Beltane
May 25 • Balsamic Magic
June 11 • Full Moon Mystery
June 20 • Solstice Eve

Shamanism

Celtic Shamanism: Two-Year Training Program with Tom Cowan • First session: May 12-14 • This program includes three-day sessions twice per year. This is a residential workshop to be held at Gull Lake, Hickory Corners, Michigan. For workshop details and cost, call Spirit Weavers at 517-543-6754 or visit www.spiritweavers.net.

Introduction to Shamanism: The Shamanic Journey with Kate Durda of Spirit Weavers • May 21, Noon-5 near Lansing • Experiential training in the shamanic journey and introduction to shamanic healing methods and practice. One of the most remarkable methods to enter into the world of the spirit, or 'non-ordinary' reality, to access personal truths, healing, and peace, and to enhance creativity and oneness with the world. $65 with early registration discount offered. Call Spirit Weavers at 517-543-6754 or visit www.spiritweavers.net.

Heart Centered Shamanic Clearing and Depossession with Betsy Bergstrom with Spirit Weavers • June 2-4; Friday 9:30-6, Saturday 9-5, Sunday 9-4 at Michigan State University • This training is for all practitioners interested in the recognition of possession, techniques for clearing, and protocols for protection. The clearing of possessing spirits has a profound impact on the person suffering from the problem, as well as on the practitioner who facilitates the clearing. This is a form of basic shamanic depossession and clearing work that incorporates the partnership of the Light of the Creator and the Heart Light of the practitioner, along with the helping spirits to safely and respectfully free human beings (and animals) from possession by suffering beings of all kinds. Basic Shamanic Journeying is a prerequisite. $355 with early registration discount available. Call Spirit Weavers at 517-543-6754 or visit www.spiritweavers.net.

Sound & Voice

HeartSinger (Gwyn Nagy) through Gateways Center for Life Enrichment • May 6, 9:30-12:30 and 2-5 • Discover How to Heal Yourself, from 9:30-12:30: When your body is in balance, it possesses heightened energetic power to heal and regenerate itself. Learn where your body is out of balance and how to correct it. HeartSinger will help you get in touch with your body and discover how to heal it. Develop Your Extra Senses and Abilities, from 2-5: Miracles begin to happen when our heart, mind, and body are in sync with each other and we enter the flow. Learn what you can do to balance this connection and, as you do, how you open to universal energies that will strengthen your intuition. HeartSinger will then help you discover your own unique talents and abilities through her sound energy work. $40 per class or $75 for the day. Call 332-4666; gatewayscenter@hotmail.com.

Healing with Sound and Breath with Paul Thielking • Three sessions: June 4, June 18, July 2; 4-6 p.m. • In this series of workshops, we will explore the use of sound and the breath for self-healing and transformation. There will be an emphasis on vocal toning – an approach to healing using one's own voice. Each session will involve different exercises. Space is limited. $50 per session or $125 for all three. Call 904-4518; paul_thielking@hotmail.com.

Spiritual Development

Evening Meditation and Dialogue for the General Public with Brenda Morgan • May 4, June 1, July 6, Aug. 3; 7-8:15 p.m. • Brenda was blessed with a spiritual transformation which began in 1989 with Inner Enlightenment/No Mind Within. Her spiritual state has deepened and, during silent meditation, the Witness Position is sustained and shared. These evenings have been set aside for those interested in either exploring and/or connecting to someone who is in a spiritually transformed space. Brenda continually explores how to communicate this transformation with those who have a connection with the world and wish to continue to interact with it as they evolve. Her own transformation occurred while still in relationship with the world with a concomitant slowing down within her being as she became aligned to the Holy Spirit. Love offering/donation. Call Susan at 665-0536.

Mainstream and Mystery Festival with Local and National Speakers and Presenters • June 4, 11-7 • Lectures, presentations, and private sessions with mainstream and alternative helpers, local and national, providing a cross-section of services (natural building and landscaping, acupuncture, map readings, feng shui, reiki, flower essences, animal communication, spiritual shamanism, shiatsu, past life readings, intuitive health readings) for your human and spiritual evolution. Brenda Morgan will share a public meditation and dialogue at 6:30 p.m. $5 per person. Children under 12 free. Call Susan at 665-0536.

In the Midst of Everything Summer Retreat for Adults and Young People with Brenda Morgan and Advanced Practitioners • Aug. 26-28 in Bay Harbor • This three-day spiritual retreat is open to the public and is a life regenerative environment and learning space. Meditation, workshops, and seminars emphasize the alignment of one's attention to the process of opening to the Light. Programs, fees, and registrations brochures available in early May. Call Susan at 665-0536.

The Biblical Roots of Justice with Sarah Sharkey through Weber Center • July 16 at 7 p.m. through July 21 at 1 p.m. • During this week of study and reflection, we will consider several sections of the Bible and identify the contributions each section makes to our understanding of "biblical justice." Our journey will take us into the primeval history of Genesis 1-11, the Exodus/Sinai traditions and covenant stipulations of Sabbath and Jubilee, the prophetic literature, wisdom literature and the psalms, and the gospel of Luke. In this time of broken and bruised relationships in our world, such study and reflection can energize and inspire us as ministers of justice and hope. $425 single occupancy; $325 double occupancy; $125 commuter. Call 517-266-4000; webercenter@adriandominicans.org.

A Time Away with Margaret Gaffney and Carol Quigley of Visitation • June 18 at 7 p.m. through June 24 at Noon • During the week, retreatants will be invited to continue their faith journeys in a holistic, contemplative mode. Retreat direction will focus on integrating scripture passages with life experience. Journaling, creative expression or other quiet activities may also serve to focus the retreatant's attention to God's loving and abiding presence. Daily common prayer available. $275. Retreatants provide food. Call 734-242-5520; visitation@ihmsisters.org.

The Journey of Enlightenment: A Walk Through the Stages of Spiritual Development with Tom Egan • June 16, 7-9 p.m. • What is enlightenment and how does one participate in this reality that is already always available to us? Shared from a unique perspective, Tom tells this evolutionary story of spiritual enlightenment beginning with the egoic perspective of "I am a god" and eventually ending from the perspective of "I am God." $35. Call 734-276-5677.

Lecture Discussion Evenings sponsored by the Great Lakes Pathwork Inc. • One Friday of each month, 7 p.m. • Informal gathering to read and discuss Pathwork lectures. These lectures contain a unique mix of psychological and spiritual concepts. Free. Call Nick Meima at 663-5853.

Returning to Wholeness, Navigating the Journey of the Soul: A Pathwork Process Group with Lisa C. Wolf • One Tuesday per month, 2-4 p.m. • This group combines the psychological and the spiritual to discover the soul's journey and to find the very best of one's self. It is for those who want to move deeper into the process of self transformation using the Pathwork teachings as a foundation. $40 per session. Call 930-0864.

Homework on the Inner Planes for Spiritual Opening with Susan Fancy • May 12, 7-9 p.m. • It's important that who we are from the inner planes – who we are beyond this reality – be acknowledged and clarified, along with the personality, as we move along the spiritual path. Being authentic on as many levels as are available allows for God to express more completely. Insights for how these levels of self can be seen, cleared of debris, and prepared for surrender will be shared. $35. Call Susan at 665-0536.

Being Afraid of Yourself Is Not the Answer with Susan Fancy • July 21, 7-9 p.m. • You're trying to open to God, you want to surrender... but then, there's YOU. You find yourself trying to do the spiritual work, while at the same time avoiding yourself. This, of course, won't work! What will? We'll explore how to locate and express personal authenticity and discuss how it relates to the process of spiritual opening. $35. Call Susan at 665-0536.

Spiritual Inquiry Program: Realizing Non-Duality with Barbara Brodsky and Aaron of Deep Spring Center • Wednesdays: May 9, 17, 24; 7-9:30 p.m. • Aaron, channeled through Barbara Brodsky, will define non-duality, speak about the concept of expressions of duality in the world and how they impact us, and offer exercises to help us open to direct experience of the non-dual in our daily lives and in meditation. Open to any level, but for beginners, some reading will be suggested. $30-$60 suggested donation. Call 477-5848; www.deepspring.org.

The Crazy Wisdom Calendar

Stress Management

Meditation and Stress Release with Ema Stefanova • Sundays 6:40-7:40 p.m., Mondays 8-9 p.m., Tuesdays 11:45-1:45 or 6:20-7:20 p.m., Wednesdays 7:10-8:10 p.m. • Meditation implies relaxation, both physical and mental, at the level which few of us experience even during sleep. This class is designed for beginning and continuing yoga nidra (deep relaxation) and meditation students who want to learn and establish a simple yet powerful deep relaxation and meditation practice. During yoga nidra, one appears to be asleep, but the consciousness is functioning at a deeper level of awareness. It can be experienced on the floor or on a chair. For cost, call 665-7801; www.yogaandmeditation.com.

Stress Management: Embracing the Peace Within You with Melanie Fuscaldo • Part 1: May 4, Noon-1:30; Part 2: May 11, Noon-1:30 • Tune in to messages from your body, mind and spirit and learn effective strategies to enhance your well being. Identify your unique stressors. Experience guided imagery for relaxation and to gain information from your inner wisdom. Leave with coping strategies to increase your effectiveness. $30 per session. Call 668-2733; melanief@digitalrealm.net.

Tai Chi & Martial Arts

Basic Swordsmanship with Matt Bernard and Staff of Aegis Consulting • Sundays Noon-3 with an Orientation May 7 at Noon • Learn Western European swordfighting – the martial art, not the stage art. Improve your self-confidence and master basic self-defense skills while having fun and getting into great shape. $85 per month for 12 hours of instruction. Call Caryn Malokofsky at 645-2265; cmalokofsky@aegisconsulting.org.

Sword Camp with Sal Sanfratello and Staff of Aegis Consulting • Aug. 5-11 • In six days, students will master the entire basic module of Aegis Consulting's Swordsmanship program. See above listing for more description. $600 includes meals and lodging. Please bring your own tent and bedding. For times, call Caryn Malokofsky at 645-2265; cmalokofsky@aegisconsulting.org.

> The curious paradox is that when I accept myself just as I am, then I can change.
> - Carl Rogers

Woodsmanship with Sal Sanfratello and Staff of Aegis Consulting • Sundays Noon-3 beginning May 7 in Pinckney • Learn how to survive in the woods while making a minimum impact on the environment. Skills taught include making basic camp, starting a fire regardless of the weather, and treating water to make it potable. A great class for vision questers and others who want to learn to co-exist with nature. $85 per month. Call Caryn Malokofsky at 645-2265; cmalokofsky@aegisconsulting.org.

Lifelong Dynamics: Gentle Wellness Training with Sifu Cinda Lee Hocking • Mondays and Wednesdays Noon-1 and Tuesdays 8-9 p.m. • Learn simple core techniques of tai chi and qi gong to build energy, condition the body, and reduce stress. Adaptable to all fitness levels. $15 drop-in or $12 registered. Mention Crazy Wisdom and get your first class free! Call 417-7161; www.internalenergyplus.com.

Kang-Nei-Chin Kung Fu with Si Bak Ryan Wilson • Weeknights, 6:30-8 p.m. • Soft internal, hard internal, and weaponry divisions. $50 for two weeks unlimited training. Call 332-3393; sibakryan@blackdragongyms.com.

T'ai Chi Ch'uan Beginner Class with Master Wasentha Young • April 10-June 29; Ongoing Mondays and/or Thursdays, 6-7:15 p.m. • T'ai Chi Ch'uan is a Chinese internal style of martial arts. As an internal art, it emphasizes the integration and cultivation of the internal energy with the body and mind. This is done by concentrating on the techniques of relaxation and the use of imagery while in motion. Balance and an overall sense of wellbeing are enhanced through these techniques as well as T'ai Chi Ch'uan's unique, slow and graceful movements and breathing coordination. T'ai Chi Ch'uan is often characterized as "meditation in motion" because of the stillness it exemplifies. $170. Call Peaceful Dragon School of T'ai Chi Ch'uan and Chi Kung at 741-0695; www.peacefuldragonschool.com.

T'ai Chi Ch'uan for Youth and Family with Master Wasentha Young • Fridays, April 14-May 5, 4-5 p.m. • This class offers youth and/or family an opportunity to increase awareness of relaxation, balance, and coordination through T'ai Chi principles using imagery and movement. Participants will also experience playful interaction with safe reflex training and exercises in how to listen, stick, yield, and neutralize force using the principle of "soft overcoming hard". Qigong (Chinese yoga) stretches and self-acupressure points will be taught for the maintenance of healthy joints and muscles. $75 per family (one youth and one adult) or $55 for individual youth. Call Peaceful Dragon School of T'ai Chi Ch'uan and Chi Kung at 741-0695; www.peacefuldragonschool.com.

Tarot & Divination

Palmistry Readings with Vijayalaxmi Shinde at the Crazy Wisdom Tea Room • Sundays, 11 a.m.-1:30 p.m. • Vijayalaxmi offers the ancient Indian science of palm reading and numerology information for the positive direction and welfare of her clients. $1 per minute. No appointment necessary. For more information, call Crazy Wisdom at 665-2757.

Drop-In COSMO Readings with Guide John Fredericks in the Crazy Wisdom Tea Room • Thursdays, 7-10 p.m. • Take a moment to explore your inner psyche and your cosmic connections with COSMO, a delightfully rational new divination system developed in 1999 in Ann Arbor by a group of enlightened individuals ranging from artists to astrophysicists. The board is our mental map. The cards, similar to Tarot, represent fate and the forces, events, and people in our lives. The combination presents us with a psychologically sound, yet energetically and spiritually connected tool, to explore the complexities of our lives. John has thoroughly enjoyed helping people tap into the subtler sixth sense, and make sense of our crazy worlds. Join him for an exploration starting with your most basic psychology and inner thoughts, and leading to who knows where. $1 per minute. No appointment necessary. Call 734-368-1780 if you prefer to schedule a reading.

Theater

Summer Theater at the Performance Network • Ticket prices vary. For complete information, call 663-0681; www.performancenetwork.org.
June 20-Aug. 27 • I Am My Own Wife by Doug Wright, starring Malcolm Tulip

Therapy & Support Groups

The Art of Thriving: A Women's Psychotherapy Group with Lisa C. Wolf • One Tuesday monthly, 7-9 p.m. • This process-oriented therapy group will guide women to move beyond surviving life. Participants will have the opportunity to explore the resistances, fears and doubts that block one's ability to thrive and the expression of your most genuine self. Discussion, emotional release work, spiritual practice and experiential exercises will be some of the interventions used. This group will be both psychological and spiritual in nature. New group forming. $40 per session. Call 930-0864.

Mini-Workshop for the Healing of Sexual Trauma with Anita Rubin-Meiller and Dawn McCalla • June 15 • An opportunity for survivors of sexual trauma to learn about the traumatic stress response, trauma re-enactment, and emotional dysregulation, and begin to address symptoms such as anxiety, hypervigilance, shame, flashbacks, and depression. Participants will learn techniques for managing distress. $5. For times, call Anita at 332-0669; anita1018@sbcglobal.net.

Support Group for Sexual Trauma Survivors with Anita Rubin-Meiller and Dawn McCalla • Ongoing Wednesdays, 5-7 p.m. • This is an opportunity for survivors who have developed supports and skills for managing symptoms of trauma to explore ongoing issues such as relationships, intimacy, boundaries, and others. $50. Call Anita at 332-0669; anita1018@sbcglobal.net.

Tapestries: A 15-Week Group for Healing Sexual Trauma with Anita Rubin-Meiller and Dawn McCalla • Thursdays, 5:30-7:30 p.m. • An opportunity for survivors of sexual trauma to learn about the traumatic stress response, trauma re-enactment, and emotional dysregulation, and begin to address symptoms such as anxiety, hypervigilance, shame, flashbacks, and depression. Each group consists of a presentation of information, an experiential activity, sharing, connecting, and building skills for relaxation. The group is limited to eight. $50 per session. Call Anita at 332-0669; anita1018@sbcglobal.net.

Anxiety: Getting Your Worries Under Control with Laurie Krauth • Wednesdays, 3-5 p.m. • Develop and practice concrete strategies for getting a grip on your anxiety, from excessive worry (Generalized Anxiety Disorder) to panic and phobias. The group will use cognitive-behavioral therapy (CBT), the treatment of choice for anxiety and depression. $40 per session. Call 973-3100; lkrauth@comcast.net.

OCD: Gaining Mastery Over Your Obsessive-Compulsive Disorder with Laurie Krauth • Wednesdays, 6-8 p.m. • This nine-week group will help you reduce your symptoms and manage your OCD. It will use a cognitive-behavioral therapy (CBT) model, the treatment of choice for OCD and anxiety disorders. $40 per session. Call 973-3100; lkrauth@comcast.net.

Weight Management

Wellness Seminar for Weight Control with Rena Greenberg • June 26, 6:30-8:30 p.m. • Lose weight after one hypnotic session, which includes all the tools of reinforcement to take home. $69. Save $10 when you sign up on-line at easywillpower.com. Call Pat at 800-848-2822; seminars@easywillpower.com.

Transform Yourself Using the 5-Step Transformations Process for Weight Loss with Patricia Michalski Altrater • May 9, 7-8:30 p.m. • In this program, you'll learn the five steps to manifest your weight loss goals using a body, mind, spirit approach. You'll discover behaviors necessary for successful weight management and also experience a guided imagery to jump start your weight loss. $20. Call 419-344-6613; seminars@imageryconnections.com.

Womenspirit

ly Body, Myself: Body Image Workshop for Women with Amy Pershing • May 27, -Noon • This is a three-hour experiential workshop combining visualization, writing, scussion, and movement to explore women's relationships with their bodies. Women ruggling with eating disorders, survivors of physical or sexual trauma, and women with ody image distortions will especially benefit. $125 with sliding scale fee available. Call 58-8585; www.stopcompulsiveeating.com.

piritSisters Women's Circle • May 16, June 20, July 18, Aug. 15; 7-9 p.m. • Renew our spirit! Discussion and sharing group for women with interests in spirituality, relation-hips, empowerment, metaphysics, and healing. Feel free to bring any diving tools like arot, rune stones, etc. to share. $3. Call Lorna at 428-8748; starlab6@aol.com.

> I imagine one of the reasons people cling to their hates so stubbornly is because they sense, once hate is gone, they will be forced to deal with pain.
>
> - James Baldwin

Getting to Know Horses and Yourself: A Hands-On Workshop for Women with Karen Hoffman and Vicki Yelletz • Several Options: May 7, 10-3; June 10, 9-2; July , 9-2; Aug. 5, 9-2; Tuesday Series: May 2, 9, 16, 23 from 6:30-8:30; Wednesday eries: May 24, 31, June 7, 14 from 6:30-8:30 • Equine Assisted Growth and Learning is growing field in which participants learn about themselves and others by participating in ctivities with horses and then processing those experiences. Women will participate in a n journey of discovery through interaction with horses and each other including activi-es both on the ground and on horseback. The emphasis is on fun, growth, and learning in supportive environment. $75 for one-day class. $100 for Tuesday or Wednesday series. Call Karen at 248-318-9787; primoplace@comcast.net.

erenity Retreat for Women: I am Responsible with Tommie Dayton and Rose Celeste O'Connell through Weber Center • Feb. 17 at 7:30 p.m. through Feb. 19 at p.m.; Pre-retreat: Feb. 16 at 7:30 p.m. • $150 for retreat only. $200 for retreat and re-retreat. For complete description, call 517-266-4000; fax 517-266-4004; webercenter @adriandominicans.org.

Work & Right Livelihood

Business Development Training with Patty Brennan of Center for the Childbear-ng Year • July 15, 9 a.m.-5 p.m. • Come learn the skills necessary to be successfully elf-employed. Topics include establishing yourself as a business entity, money matters, inancial record keeping, staying out of trouble with the IRS, insurance considerations, marketing on a limited budget, networking for fun and profit, limiting liability, creating lient contracts, and professional and ethical issues. This class is appropriate for anyone etting up a service-oriented business. 7.8 DONA CEU's provided. $110 with early regis-ration discount available. Call 663-1523; www.center4cby.com.

Discover the Power and Joy in Your Life Transitions with Melanie Fuscaldo • Part 1: May 2, 12-1:30; Part 2: May 9, 12-1:30 •If you or a loved one anticipates or is experi-encing a transition in career, retirement, health or relationship, this workshop will support you in opening your heart, body, and mind to the spiritual purpose in this transition. $30 per session. Call 668-2733; melanief@digitalrealm.net.

Live Your Career Dream with Melanie Fuscaldo • Part 1: May 18, 12-1:30; Part 2: May 25, 12-1:30 • Begin to identify your unique career dream and action steps to create it n your life. $30 per session. Call 668-2733; melanief@digitalrealm.net.

Writing

With Pen in Hand: Claiming Your True Voice with Jill Blixt • Six Tuesdays beginning June 6, 6-9 p.m. • Word by word, writing can be the compass for finding our truth. With a regular writing practice, we can reveal our dreams, mine our wisdom, and harness our power. We nourish our voice by taking up the pen and meeting ourselves on the page. We will be using Julia Cameron's *The Right to Write* as our text. This workshop is for anyone who wishes to build a regular writing practice for personal insight and creative expression. $30 per week includes dinner and materials. Call 665-4577; jillblixt@aol.com.

Discovering the Writer Within with Gail Balden • June 2, 7-9 p.m. and June 3, 10:30-1:30 in the Crazy Wisdom Community Room • This two-session workshop will focus on capturing life stories and paying attention to the power of the ordinary. Writing from the heart and writing about what really matters as well as listening to one's inner voice can bring forth extraordinary stories from ordinary lives. No previous writing experience needed. $95. Call 503-368-7807; www.creativejourneys.net.

Animal Ink: Writing Workshops for Children ages 7-13 with Caroline Wojan of Language Link • One-week sessions beginning June 12, 19, 26, July 17, 24, 31, Aug. 7, 14, 21 • Children improve written expression while learning about a variety of animals and animal issues. Students will write and publish personal narratives, fables, and essays as well as promotional materials promoting respect and humane treatment for all domestic and wild animals. Children will have the opportunity to safely inter-act with animals brought in by visiting pet handlers. $120. For times, call 821-0311; languagelink94@yahoo.com.

The Creative Journal with Suzanne Schreiber through Weber Center • July 14, 7:30 p.m. to July 16, 1 p.m. • Journaling in prose, poetry, line drawing or mandala is a form of prayer. During this weekend, participants will have time for these kinds of creative work, born out of silence, music, and movement. $200 single occupancy; $125 double occu-pancy; $125 commuter. Call 517-266-1400; fax 517-266-4004; webercenter@adriandomi nicans.org.

Yoga

Gentle Yoga with Lisa Abrams • Saturdays April through July, 10-11:30 a.m. at the Lighthouse Center • Experience gentle yoga postures and breathing exercises in the heal-ing vibrations of the Lighthouse Center for Spiritual Growth in Whitmore Lake. We'll also do laughing exercises! Due to summer vacation, please call ahead. $40 for five classes with drop-in available. Call Lisa at 665-6219.

Yoga of Freedom, Space of Trust: A Transformational Yoga Workshop with Charles Eisenstein and Yoga Shala • June 11, 2-5 p.m. • Beginners and teachers will all benefit. Highlights including bringing a new sense of freedom to your asana practice, ground pranayama, developing total trust in breath to safely and easily deepen your postures, aligning discipline to come effortlessly, and experiencing deep states of meditation. $60 at the door or $45 pre-registered. Call 222-YOGA; info@yogashala.net.

Ashtanga Yoga Teacher Training Workshop with Manju Pattabhi Jois and Yoga Shala • Aug. 7-11, 9 a.m.-2 p.m. • This workshop is for practitioners of all levels, not just teachers, as the program will help you deepen your practice. Manju will not just focus on postures, but also breathing (pranayama) and giving adjustments. $600 prior to July 24; $750 after. Call 222-YOGA; info@yogashala.net.

Transformation Hatha Yoga Day with Self Realization Meditation Healing Centre • Aug. 5, 10-5 • A full day of instruction and practice in this gentle yet thorough and refreshing form of Hatha Yoga. Accommodations available. Make it part of a personal retreat! $95 includes vegetarian lunch. Call 517-641-6201; SRMHCMichigan@CS.com.

Yoga Classes with Christy DeBurton at The Yoga Room • Dates and times vary • Vinyasa, Ashtanga, Hatha, and Kundalini yoga classes offered mornings, evenings, and weekends. Small class sizes allow for individual attention and manual adjustments. Stay for tea after class! For times, dates, and cost, call 761-8409; info@christydeburton.com.

Yogamoves with Gail Rucker of Yoga Moves at Ommoves Studio • Beginning May 9: Tuesdays, 6-7:15 p.m.; Thursdays, 11a.m.-12:15 p.m. • Experience the basics of align-ment, attitude and action, yoga philosophy, classical postures, and creative poses. Anu-sara-style alignment principles, small classes, and a loving atmosphere. All levels wel-come. $15 for a single class. $12 per class in a series of four or more. $150 for unlimited yoga classes for this session. Call 994-3777; mymoves@aol.com.

Yoga Classes through Inward Bound at Friends Meetinghouse • Various classes of-fered • Inward Bound offers four levels of Hatha Yoga instructional classes, taught by with Martha Laatsch, Lynette Smith, Barbara Brookens-Harvey, and Rebecca Grant. For complete brochure, call 327-4963; info@ibyoga.com.
Additional ongoing drop-in classes:
Astanga Yoga with Jonathan Tyman • Saturdays, 8:15-10 a.m. • Call 997-9344; tyman@internet2.edu.
Viniyoga to Music with Sandy Hines • Mondays, 4:30-5:30 p.m. • Call 428-9604; sjhh@umich.edu.
Deep Stretch with Cathy King • Thursdays, 4:15-5:15 p.m. • Call 517-592-8017; kingcm@dmci.net.
Postures to Sacred Music with Cathy King • Thursdays, 5:30-7:15 p.m. • Call 517-592-8017; kingcm@dmci.net.
Wake-Up Yoga with Roddy Wares • Fridays, 7:30-8:30 a.m. • Call 761-6980; roddywares@aol.com.
Special sign-up classes:
Mixed Flow Yoga with Martha Laatsch • Tuesdays, 5:45-7:15 p.m. • Call 930-0408; rseklaoui@earthlink.net.
Morning Yoga with Lynette Smith • Tuesdays, 9:30-11 a.m. • Call 995-0741; lynettes@umich.edu.
Prenatal Yoga with Marlene McGrath • Wednesdays, 9-10:30 a.m. • Call 930-0408; marlenemamayoga@yahoo.com.
Postnatal Yoga with Marlene McGrath • Fridays, 9:30-11 a.m. • Call 930-0408; marlenemamayoga@yahoo.com.
Yoga for Kids with Rebecca Grant • Day and time to be announced • Call 917-584-9832; rebeccamgrant@hotmail.com.

Kundalini Yoga: Pranayama, Chanting, and Yoga with Billie Wahlen • Thursdays, 5:30 • We experience the meaning of yoga ("to yoke", meaning union) using mantras, mu-dras, rhythm, visualization, and breathing exercises. Everyone welcome to join anytime. By donation. Call 276-6520; starbillie@gmail.com.

Yoga and Meditation Study Group with Ema Stefanova • Meets monthly • Deepen and enrich your practice of yoga and meditation. Build a community on the principles of true yoga and meditation. Membership fee/donation. Call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

The Crazy Wisdom Calendar

Yoga (continued)

Yoga and Meditation Wellness Retreat with Ema Stefanova • May 19-21 • Experience the calm within and without. Come enjoy the serene atmosphere of a traditional yoga monastery less than three hours from Ann Arbor. Discover and explore powerful natural healing methods through yoga and meditation that can bring you joy, vitality, and fulfillment. For cost and times, call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

Yoga Nidra and Meditation Workshop with Ema Stefanova • June 25, 1:30-4:30 • This workshop is for all interested ages 14 and up to experience and learn deep relaxation and meditation. From the ancient tradition of tantra comes the systematic method for complete physical, mental, and emotional relaxation (yoga nidra) and inner silence meditation (antar mouna). A long form of yoga nidra will be introduced. Bring blankets and/or a sleeping bag. No previous experience necessary. For cost, call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

Gentle Yoga with Ema Stefanova • Sundays 5-6:30 p.m., Mondays 6:30-7:45 p.m.; Tuesdays 7:30-8:30 p.m.; Wednesdays 6-7 p.m.; Thursdays 10:30-11:30 a.m. • This adult gentle yoga class is for both beginners and continuing students. Classical Satyananda yoga peacefully energizes you and helps you establish a solid home practice. Easy to do, yet powerful postures are presented as sequences with breath awareness. Traditional deep yogic relaxation and meditation helps you have a healthy body, emotional stability, and heightened mental awareness. The instructor helps you adjust your practice to your own level. For cost call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

Yoga for the Wisdom Years with Ema Stefanova • Mondays beginning May 8, 5-6:30 p.m. • We will explore spiritual practices to complement natural aging. Through meditation, postures, breathing, and relaxation techniques, this series of classes will prepare body, mind, and soul for full expression of the culmination of our life experiences and for our deepest transition. A day-long retreat concludes the series. For cost, call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

Yoga for Cancer Patients and Their Families with Ema Stefanova • Sundays May 7-June 4, 3:45-4:45 • Yoga and meditation practices for cancer patients, survivors and their families, health workers and all others interested. For cost, call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

Yoga I Classes for Beginning Students at Zen Buddhist Temple • Six Tuesdays starting May 30, 6-7:15 p.m. • Students learn traditional yoga postures (hatha yoga) with an emphasis on relaxation, concentration, and working with the breath. The instructor, Haju Murray, was trained by the Sivananda Yoga Organization and combines that experience with meditation training. Classes fill quickly, so register early. $60 for six sessions. Call 761-6520; a2buddha@provide.net.

Yoga II Classes for Students with Some Yoga Experience at Zen Buddhist Temple • Six Tuesdays starting May 30, 7:30-9 p.m. or Six Thursdays beginning June 1, 7-8:30 p.m. • Students build on knowledge of the basics of postures, breath work, relaxation, and meditation. The instructor, David Black, was trained by the Sivananda Yoga Organization. Classes fill quickly, so register early. $60 for six sessions. Call 761-6520; a2buddha@provide.net.

Special Yoga Workshop at Zen Buddhist Temple • June 3, 9-4 • Yoga classes, talks, sitting and walking meditation, simple manual work, and vegetarian lunch. $60. Call 761-6520; a2buddha@provide.net.

Iyengar Yoga Level 1 and 2 with David Rosenberg through Ann Arbor Rec and Ed • Seven Saturdays, April 29-June 10; 9:30-11 a.m. • Using beginning yoga poses, we develop strength, flexibility, and balance. Yoga helps reduce stress, improve posture, and increase body awareness. $55 Ann Arbor resident or $65 non-resident. Call David at 662-6282; massage4@aol.com.

Iyengar Yoga Level 1 with David Rosenberg through Ann Arbor Rec and Ed • Seven Saturdays, April 29-June 10; 11:15-12:45 • Using beginning yoga poses, we develop strength, flexibility, and balance. Yoga helps reduce stress, improve posture, and increase body awareness. $55 Ann Arbor resident or $65 non-resident. Call David at 662-6282; massage4@aol.com.

Anusara Style Yoga with Michele Bond through Yoga House • Spring session begins April 16; Summer session begins July 9 • Practice in a beautifully serene setting using the Universal Principles of Alignment developed by John Friend, founder of Anusara Yoga. Morning, evening, and weekend classes available. For complete information and cost, call 358-8546; www.yogahouseannarbor.com.

Yoga Happy Hour with Michele Bond through Yoga House • Ongoing Fridays, 5:45-6:45 p.m. • After work or a long day, enjoy a drop-in Restorative Yoga class that calms your nerves and quiets your mind while it relaxes your body. Relieve stress with gentle, supported postures that require no yoga experience to enjoy. Blissfully habit-forming! For complete information and cost, call 358-8546; www.yogahouseannarbor.com.

Yoga for Athletes with Michele Bond through Yoga House • Thursdays, 7:15-8:45 p.m. • Take your athletic performance to the next level! Increase strength, flexibility, agility, balance, mental focus and concentration. Strengthen the mind-body connection. Learn how correct alignment enhances joint function, decreases the risk of injury and can aid in healing pre-existing injuries. Learn how yoga can help you realize your full potential. For complete information and cost, call 358-8546; www.yogahouseannarbor.com.

Iyengar Yoga Classes with Yoga Focus • Spring session begins April 17 with day, evening and weekend classes • All levels of classes, including gentle and prenatal, in a well equipped studio. $12 per class, $96 for eight weeks, $15 drop-in. Call 668-7730; www.yogafocusannarbor.com.

Yoga Classes at the Yoga Space with Sue Salaniuk, Sally Rutzky and Nancy Udow • Spring session begins May 8 • Iyengar style beginning, intermediate and continuing levels as well as ageless and prenatal classes. $66 for six weeks. Call 662-9600; www.yogaspace.info.

Iyengar/Hatha Yoga Classes through The Studio • Various classes offered • For complete information and costs, call 995-5344; www.ypsistudio.com.

Background and biographical information on most of the Teachers, Lecturers and Workshop Leaders in this issue of the Crazy Wisdom Calendar can be found on our website at www.crazywisdom.net.

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Healthful Hideaways
The Wildwood Sanctuary

By Petula Curry

In the spirit of full disclosure, I must admit that, as a city girl, a getaway in the country doesn't have the same appeal as a weekend spa retreat. So I wouldn't think to look toward the wooded landscapes between Kalamazoo and Paw Paw for a place that combines the best of both worlds…until I entered suites at The Sanctuary at Wildwood (http://www.sanctuaryatwildwood.com/). I was amazed by interiors using headboards of elm, dogwood and ironwood to complement nature-inspired wall murals to crystallize the vision of innkeeper Dick Buerkle to "bring the outdoors in." Yet, there were also suite amenities I would expect to find in any upscale getaway – a fireplace and Jacuzzi. Before my Sanctuary experience, I could not have imagined finding a place that could marry the serenity of nature and modern conveniences with such cohesiveness a couple hours away from Ann Arbor. Wildwood was a welcomed surprise.

The Sanctuary at Wildwood is set on 90 acres with a private lake, a few miles from Three Rivers, Michigan.

Since acquiring the property's 90+ acres in 1995, Dick and his wife Dolly have brought knowledge from their experiences living across the country to guests looking for a place that can provide a restful getaway on *their* terms. Interiors inspired by travels to Lake Placid, New York and Colorado Springs set the tone for a relaxing experience. Other facets of a guest's stay can be customized to accommodate unique needs with the help of Dick's years of experience managing recreation programs for local governments across the country. Need time on the water to decompress? The Sanctuary will facilitate planning of canoe excursions. Looking for a low key getaway to reconnect with your partner? A romantic package can be arranged that includes dinner at a local restaurant. Prefer the tranquility of solo retreat? Enjoy time by the fireplace, in the Jacuzzi or on a few of the nearly five miles of walking trails to relax, refresh and renew.

The appeal of Wildwood is apparent in the journal entries left by guests in notebooks kept in each suite.

"I couldn't have dreamed up a more perfect place for my 'solitude retreat'!....The cabin is fantastic (and I'm very particular about décor)! You left nothing out…I joyfully walked the trails, gazed on the front porch chair, bird watched from the kitchenette, soaked in the tub by candle light, loved the massage in my room and did a lot of what I came here for; read, write, draw, yoga and meditation…."

"What a perfect place to reflect and de-stress! Dick and Dolly made us feel welcome and part of their family – the breakfast was a beautiful beginning to our days here!"

The serene landscape and extensive suite amenities make The Sanctuary a great option for individual guests as well as couples, but conference facilities also provide a venue for Wildwood to plan special events and attract groups for personal and business activities. Events like the Cayman Pool Party (where Dick and Dolly share goodies from trips to the islands) and the Chuckwagon Dinner (complete with campfire, hayrides and marshmallow roasts) are offered several times a year. They are a great way to meet fellow guests or get to know Wildwood in a more structured setting. Visiting the Sanctuary during a weekend scrapbooking retreat planned by Creative Memories' Melissa Seager, I appreciated how the site's positive energy infused a group engaged in a very un-outdoorsy activity. Attendees took breaks from scrapbooking to explore the trails and gaze at the pond a few steps from the main facility. A few even scheduled to attend a fall 2006 scrapbooking retreat at Wildwood as well as couples getaways. "I've already made plans to celebrate my wedding anniversary here this year," commented one retreat attendee.

While far removed from the hustle of urban and suburban living, the Sanctuary and the surrounding area has gain notoriety on several fronts. The bed and breakfast has been recognized as the "Best for Rest and Relaxation" via an Official 2006 Book of Lists Award and as a top bed and breakfast in North America in Arringtons' 2006 Book of Lists. Resident cook Dolly gets rave reviews from guests, but visitors can also explore a range of dining options in the area, including the eclectic Bistro 120 (recent offerings included Steamed Fresh Clams And Mussels Over Squid Ink Linguine and Guinness Steak), the casual Bud's Bar (known for great hamburgers) and the lakefront Fisher Lake Inn (with its focus on seafood fare). As part of the Michigan Heritage Water Trails, the River Country segment includes regions near Colon, Mendon and Three Rivers where travelers can explore historical, cultural and natural points of interest.

Looking to make a trip out West a reality? The Sanctuary's Web site is a great resource to learn about upcoming activities and basic logistics information, but a discussion with Dick is a great way to create customized activities unique to your needs. Thinking about a family getaway with the kids? Try making an exploratory trip to determine whether the laid back venue is a good fit with kids' personalities and expectations. Interested in having a group event for 20-30 people with accommodations and dining readily available for multi-day activities? Consider renting the entire facility at rates lower than is often seen at hotel-based conference facilities. Looking for a serene but affordable getaway? Spend the weekend exploring the trails, relaxing in your Jacuzzi or reading by the fireplace.

After my Western Michigan excursion, I have a greater appreciation of the region and its offerings. Thanks to the Sanctuary, vacationers can enjoy the area's natural beauty without pitching tents (a welcomed relief for non-campers everywhere).

For more information, contact The Sanctuary at Wildwood (*info@sanctuaryatwildwood.com* or call 800-249-5910).

Upcoming Events and Area Activites

May: 11-20, Dowagiac Dogwood Fine Arts Festival (http://www.dogwoodfinearts.org/)
21, Blessing of the Bikes (http://www.blessingofthebikes.org/)

June: 15-17, 50th Annual Three Rivers Water Festival (http://www.trchamber.com/waterfest.asp)
4th Weekend, Cayman Pool Party

July: 2nd Weekend, Cayman Pool Party
3rd and 5th Weekend, Wildwood Chuckwagon Dinner

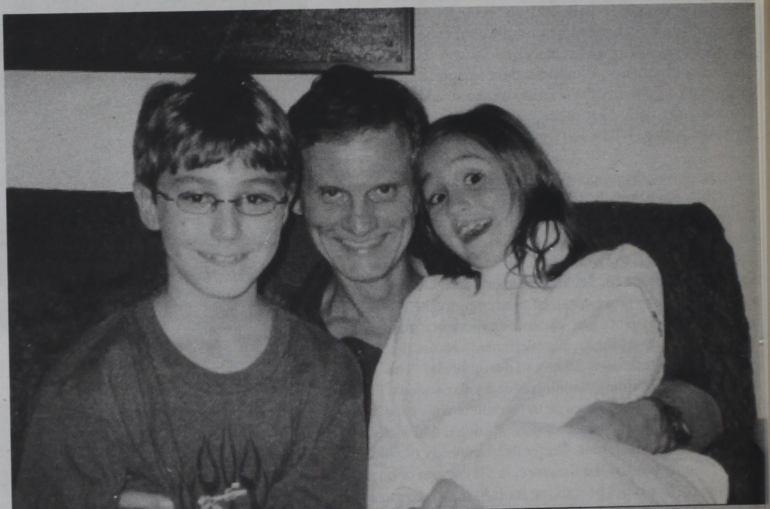
August: 3-6, Colon Magic Festival (http://www.rivercountry.com/magic.asp)
2nd and 4th Weekend, Wildwood Chuckwagon Dinner

Rolfing in Ann Arbor

Crazy Wisdom profiles Leland Austin, and interviews Janis M. Paul, about the deep bodywork known as Rolfing

Relaxing into Aliveness – A Look at the Work of Rolfer, Leland Austin

By Matt Muth



Leland Austin with his son Mekiah, and his daughter Aleyah.

"People don't have poor posture- they have poor structure."
—Ida Rolf

Your body is at war. Not with the chili cheese fries you ate in 1994, though they're probably still in there somewhere, and not with the onset of wrinkles and old age, distressing as these may be. The real enemy is far more sinister and omnipotent, whose iron fist of domination controls every man, woman, and child on the planet: no, not Microsoft. The real enemy, of course, is gravity, and try as you might, the only known way to escape it is to pay the Russian government to shoot you into space.

Since most of us do not have a few million spare dollars lying around, this is not an option. The Russian government is also very insistent that you come back down sometime, at which point gravity will once again have a hammerlock on you. Fortunately for humanity, a system has been devised that accounts for the nefarious nature of gravity, and seeks to turn gravity from oppressive fiend to receptive friend. This is where Rolfing comes in.

Rolfing is not the act of playing piano in a band of Muppets; it is a school of structural integration, pioneered by Dr. Ida Rolf, that seeks to reconcile the disaffected mistress of gravity to her lovelorn courtier, the body, while also preventing reporters like myself from using terrible metaphors about it. The underlying concept of Rolfing is that, like almost everything else in nature, there are patterns of order in the human body, and a "natural" state of structural alignment yields the best set of movement and interaction with gravity.

To find that "natural" state, Rolfers turn to structural integration. Structural integration, as defined by Dr. Rolf, is a "system that induces change toward an ordered pattern." The body is composed of a consolidation of segments, the larger of which include the head, thorax, pelvis, and legs, and these segments are also composed of smaller muscle and structural groups. The key to this "natural" state is in the way that these disparate components come together and function as a unit greater than the sum of its parts.

When these groups are in symmetry, gravity no longer exerts a strain on the body, but instead supports the correct alignment of structure. When the body is vertically balanced and symmetrically organized, gravity actually provides support for the frame, and places much less strain on the muscle tissue holding the body up. But when the body is improperly aligned, the force applied by gravity to an incorrect alignment causes pain.

> While Rolfing attempts to unify the body and gravity through structural integration, Leland may have his own agenda; he wants you to be alive. He strongly believes that Rolfing can help us to "sense our bodies more deeply," and that, in turn, leads to a better life.

And that's what the real point of Rolfing is; not to produce a more symmetrical and aesthetically pleasing human being that can defy the laws of physics, but to create a more balanced body. Chronic pain stems from the fact that our bodies often become cemented in poor structural alignment because fascia in our muscles constricts on a semi-permanent basis. What does all that technical mumbo-jumbo mean, and where did I get my degree, you ask? Let's take a crash course in "movement education."

Since we are dealing with movement, we are presumably dealing with muscles. I have often heard people remark "I wish we had a system, in our bodies, that would weave throughout muscle fibers like fiber optic cable." The myofascial system, as it turns out, is that system: a network of collagen fibers that surround and run through the body's musculoskeletal foundation. Tendons, which are composed of fascia, join muscles to bones. Fascia is a type of connective tissue.

> Editor's Note: Some people who do Rolfing call themselves Rolfers. Some others call themselves Rolfists. Both Rolfers and Rolfists have been certified to practice Rolfing, and so it is not an important distinction.

The problem arises when the fascia hardens, which occurs due to an increase in fascia cells. This greatly reduces muscle elasticity and fluidity, and locks our muscles into positions where they cannot elongate properly. When this happens, it becomes nearly impossible for the body to revert to natural muscle movement without breaking up the fascia now chaining the muscle into a state of semi-contraction. This also locks the body into a battle with gravity that it cannot win.

The struggle of trying to maintain the fight against gravity wears your body down. Muscles start to hurt. Back pain, neck cramps, and carpal tunnel syndrome are all effects of gravity on improperly aligned people. Once the thickened fascia has locked a muscle group into misalignment, gravity attacks it, and the result is the familiar pain we carry around every day. Since one can't do anything (realistically) about gravity, the only way to relieve the constant muscle cramps and contractions is to tear down that oppressive Berlin Wall of fascia.

This is where Leland Austin comes in handy. Leland grew up on a farm in Round Rock, Texas, the self-professed "home of Dell Computer." He graduated from the University of Texas with a bachelor's in English Lit, and went on to get a Master's in creative writing from San Francisco State University. While working on the farm as a boy, Leland developed some serious back pain that would manifest later in his life, and helped to push him toward pain management solutions.

Leland was facing something of a career crossroads; carpentry just wasn't doing it for him anymore, and he was interested in psychology, but didn't want to go back to school. A friend suggested massage school as an option, and while there Leland attended a Rolfing demonstration. What grabbed him immediately was the "intelligent touch" he felt, which "was more than [just] the surface." From this humble introduction to Rolfing, Leland has gone on to become proficient in this unusual but effective method of bodywork. (Leland has had well over 100 sessions performed on himself.)

I had the opportunity to observe Leland at work on a woman named "Diana" (not her real name). Diana had hip troubles and pelvic pain, and while Leland listened patiently to her symptoms, he probed the regions in question with his fingers. After locating some trouble zones discernable only to him, Leland began applying elbow pressure to the woman's hip and back. While working over Diana, he explained to me that he was trying bring Diana to awareness of the pain.

From the look on her face, Leland was doing a superb job of bringing awareness of pain to Diana. At the time I thought Diana was kind of a wuss,

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An Interview with Rolfist and Massage Therapist, Janis M. Paul

Interview by Lani Kwon Meilgaard

Janis M. Paul

Photo by Nina Hauser

(Janis M. Paul has lived in downtown Ann Arbor on South Forest since 1990 and works from her peaceful home in the midst of this student-dominated area. She has expertise and professional certifications in therapeutic, deep tissue, Swedish, pregnancy and Hawaiian Lomi massage, as well as Rolfing/Structural integration techniques. However, she considers herself to be primarily qualified to provide Rolfing and therapeutic massage. She is also a long-time, current member of Ann Arbor's Jewel Heart Tibetan Buddhist community.)

Lani K. Meilgaard: Hi Janis. I'm really excited to share your work with the community. How long you've lived in Ann Arbor?
Janis M. Paul: I've lived in Ann Arbor since 1990.
Lani K. Meilgaard: And what brought you here?
Janis M. Paul: What brought me to Ann Arbor was…well, I was living in New York City and I had Emma [her daughter] and I wanted to live near family.
LKM: And what brought you to pursue a career in massage therapy?
JMP: What brought me to massage therapy was luck.
LKM: Oh?
JMP: It was luck because I…because I wasn't connected to my body…and it was the piece that was missing…and so it was luck that pulled me into the field and…into Rolfing.
LKM: Okay. Did you take a class or did you meet someone who was doing massage therapy?
JMP: I don't know if we'll weave back into this or not…hmmm…I really don't know how to speak about it in an ordinary way, how I got into massage therapy.
LKM: That's okay. Sometimes life is not a straight narrative.
JMP: Right. Well, you know, I was raising my daughter in this same house and running a daycare called Enchanted Forest, and when she entered first grade…I knew it was time for a change for me as well. And so I went to school.
LKM: And was it the Ann Arbor School of Massage Therapy?
JMP: Yes, I graduated in the third class at the Ann Arbor Institute of Massage Therapy in 1996.
LKM: One of the things I admire most about you, Janis, is that you continue to stretch yourself and train in new modalities in massage therapy. You're not content to just stick with what you've learned in 1996. Can you tell me a little bit about some of the training you've received and maybe the one that you find most rewarding?
JMP: Yeah. In my first year of practice a client came in and he told me about this Rolfist in town. And… it's funny...but I can't sit and talk. I have to walk.
LKM: Do you want to do that?
JMP: I do. I really do.
LKM: Yeah, that's perfectly fine. Whatever feels most comfortable to you.
JMP: Yeah. Yeah. Right. So…I'm truly not primarily a verbal person, you know.
LKM: You're kinetic?
JMP: I'm a kinetic person…physical…so it's hard… [Janis gets up from her chair and paces slowly as she speaks.]
LKM: That's okay.
JMP: So…I'll tell you about Jeff Belanger. I consider it part of my practice to continue getting work…and so I made an appointment with Jeff. At that point, I had received a lot of massage and I had given a lot of massage and, essentially, what would happen is that I may feel better…but I would get up off the table relating to myself pretty much in the same way. In my first moment of Rolfing, my experience was…that I didn't have to…that I didn't have to live…in that prison.
LKM: The school you had gone to in Boulder…the name of it had "integration" in it?
JMP: The Guild for Structural integration.
LKM: Yes. Is that how you view Rolfing?
JMP: "Structural integration" is what Ida Rolf called Rolfing. It was at Esalen where it was nicknamed—fondly, by her students—Rolfing.
LKM: Interesting. And, thinking about those words "structural integration," is your experience one of integrating the physical and other aspects of a person?
JMP: Well, the physical is what we get our hands on, and that's where the focus remains, but you can't change one without changing the others.
LKM: Interesting. Do you find that, it's a team effort of you and the client working toward a goal of healing?
JMP: I think I'm making a big jump right here in the conversation…because I've jumped to this part of it…and it's a quote from Ida that I would like to give you.
LKM: Great. Thank you.
JMP: [Quotes Ida Rolf's *Rolfing* p. 290 from her notes]
"It is the consensus that evolution is an almost infinitely long process undergone by a species. But evolution (or some equivalent term) is descriptive of the selective tendency toward desirable order in an individual. In the first case, it is an unconscious group process. In the second, it is more likely the result of individual action, susceptible to conscious direction."
So, what Ida saw in the human being is that our structures were still evolving and…and forty years of…research…I'm not sure if "research" is the right word…but she came up with the ten sessions of Rolfing.
LKM: Is that a standard length of treatment?
JMP: When Ida was finally done, it…took about ten hours of work to get the structure…*balanced*…from right to left…back to front…and inside to the outside.
LKM: I can see why it's something that really has meant a lot to you, especially this past year when you took the summer to spend two months in Boulder. Has this training in Rolfing affected how you do other types of massage therapy? Do you tailor each session to each particular client, depending on what they're looking for or what might be of the most benefit for them?
JMP: My interest in massage therapy has evolved over time.
LKM: How would you characterize your work as a Rolfer?
JMP: Technically, it's "structural integration" and "Rolfist" not "Rolfer."
LKM: That's very good to know: the jargon.
JMP: Yes. I believe I wouldn't be able to do Rolfing without the previous training.
LKM: Do you currently do other types of massage therapy for clients if they request it?
JMP: Yes, I do therapeutic massage.
LKM: Okay. Janis, you seem to have a really uncanny ability to *feel* which area of the body in a client is in need of care. Have you always had this ability or did this ability develop over time? How would you describe it?
JMP: Modeling. I apprenticed with Jeff Belanger for nine years before I went to Rolfing School.
LKM: Yes, I remember you mentioning that training.
JMP: Yes, and one of the techniques that Jeff used to teach me Rolfing was *to model* what was going on in the client's body as I observed sessions.
LKM: To experience what they were experiencing?
JMP: Yeah.
LKM: Is "modeling" a term that other Rolfists use?
JMP: No. It's not. This was Jeff's. Later, when I went to school at the Guild for Structural Integration, I learned that Ida was very influenced in her thinking by Alfred Korzybski's *Science and Sanity*. In that book, he talks about how we know things; how we experience things, the orders of abstraction…. What Ida saw was that we have a front and a back and two sides, all organized around a central vertical axis…but that it was *random*, in that, it's still evolving and order could be introduced…an increased order could be introduced into that system.

> "Until things are embodied, then they're just intellectual or a fantasy. If I don't accept my situation *as it is* and if I don't inquire into my situation *as it is*, then how is it possible to do something about it? It has to be embodied *as it is*, first."

LKM: Over a series of ten sessions?
JMP: Over a series…yeah…as it turned out, it turned out to be ten sessions. And that when…the more ordered the body is around the central axis, the more gravity goes *through* the structure, giving it a sense of ease.
LKM: I like what you were saying about balance and the interrelation of experience. A lot of times people are going to a massage therapist or a Rolfist or somebody with expertise in this area because they're in pain or very stressed out or there might be other reasons. But you just read me a passage that your had written about Rolfing, and you said that it's not about "fixing" anything. Can you elaborate on that a little bit?
JMP: [Janis reads from her notes] "Structural integration is not about 'fixing' a problem but improving the alignment and differentiation of the segments by using fascial restrictions, encouraging length and improving the body's organization around its central, vertical axis. By doing this, things that were experienced as problems in our bodies, often have the space they need to correct themselves."

Continued on page 36

Interview with Janis M. Paul (continued)

LKM: So…that's an interesting concept. Most Western medicine and even many alternative or complementary remedies focus on the doctor or healer doing something—some sort of intervention or medicine or treatment—that then allows the patient to heal. Whereas, structural integration seems to be more about encouraging the muscles and the fascia encasing them to have more space to heal. Is that correct?
JMP: Yes.
LKM: Fascinating. Based on your experiences as a massage therapist for over a decade, and as a Rolfist, what is the most challenging aspect of your work and, by the same token, what is the most rewarding aspect of your work?
JMP: We're always trying to see how gravity works on the person. I think the most challenging and the most rewarding aspect is trying to see.
LKM: Trying to see things as they actually are?
JMP: Trying to see things as they are.
LKM: I have known you for over four years and know that you have an affiliation with a spiritual practice that is about seeing things and people as they are. How does your affiliation with Jewel Heart, the Tibetan Buddhist *sangha* in Ann Arbor, influence your work? Do you think that your spiritual interests inform your work? Or vice versa?
JMP: Definitely. One thing that Tibetan Buddhism and structural integration have in common is the concept that evolution as individual action is susceptible to conscious direction. In Buddhism, we are taught that to evolve, first, you must appreciate that you are human. Do not take that for granted. The human being has the ability to participate in evolution.
LKM: You're basically saying that physical experience is important? A lot of times, we view the physical as somehow less important than the intellectual or less important than the spiritual; and yet, they're all integrated. Is that correct?
JMP: Yes. Until things are embodied, then they're just intellectual or a fantasy. If I don't accept my situation *as it is* and if I don't inquire into my situation *as it is*, then how is it possible to do something about it? It has to be embodied *as it is*, first.
LKM: That's such a profound statement. Did your interest in Tibetan Buddhism evolve around the same time as your interest in massage therapy?
JMP: I met Gehlek Rimpoche for the first time when I went to see Allen Ginsberg at Rackham in 1991. And he was reading his poetry…and it went over my head. At that time, I didn't even know what the word *dharma* meant [Interviewer's note: *Dharma* is the eternal laws of the universe; also refers to the teachings of Buddha]…and his poetry included a lot of *dharma* and so…and so he invited Gehlek Rimpoche up on the stage and said he was going to chat with him just as he would in the living room…and then they began talking about death….because Allen was considering his own death at that time…and that went over my head…but I was very impressed that this was Allen Ginsberg's guru and that he lived in Ann Arbor…and so I started going to Jewel Heart and have been a member ever since. Rimpoche is a Master. He contains the lineage. He's like a gold mountain…and the gold runs down to the village.
LKM: And by being in his presence this allows…understanding?
JMP: Yeah, his evolution is inspiring.
LKM: This goes right into another question I have for you. Is there one person who is your primary role model and why?
JMP: My daughter. When I had my daughter…. Before her, my life was going in the wrong direction…and she turned my life around.
LKM: How old is your daughter now?
JMP: Sixteen.
LKM: She's sixteen…so she's entering some amazing changes and growth, but she also inspired that growth in you?
JMP: This is what she would like to say, "Be careful where you put humanity because that is where you live."
LKM: She's a very observant and wise young woman.
JMP: She recently said that to me…and I've been chewing on it ever since.
LKM: What we see in other people is how we interpret them through our own…lens?
JMP: I think it is an indication of what's going on inside us…just projected out.
LKM: This connects with your role as a Rolfist and massage therapist and being where the client is?
JMP: Yes.
LKM: Janis, what are some of your goals for the future?
JMP: The study and the practice of Rolfing and Buddhism are never-ending. They're never-ending subjects. They're always unfolding.**LKM:** I know you also write poetry. Is that something that you continue…that you do every day…?
JMP: I so *wish* it were every day. [Both laugh.] I wrote a lot when I was in Boulder, getting certified in Structural integration. I also had time for myself…and now I'm back at home and also a Mom and so I don't write as often…but I think it's very important.
LKM: In what way?
JMP: I think it's very important as a way of knowing your own mind.
LKM: If you could offer advice to another person considering going into the same type of work that you do, what would you tell him or her?
JMP: Rimpoche would say, "Point your finger at your own nose."…to continually work on yourself because you can only be as clear for that other as you are for yourself. To love the other, you have to be able to love yourself first…because it comes *from there*…from there we're able to give, from there we're able to love, from there…we have something.
LKM: Thank you so much for your time and for your insight.
JMP: Thank you.

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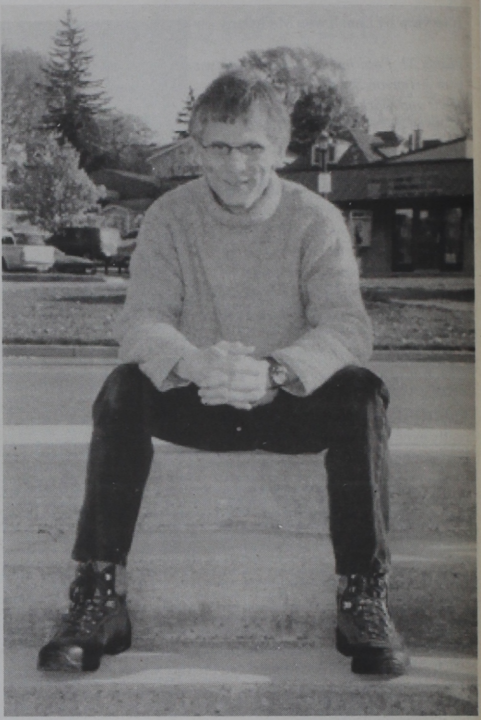
Profile of Leland Austin (continued)



silently affirming my masculine delusions that she was overreacting, and that Leland's elbow alone could not possibly be that powerful as to cause the amount of trauma she was exhibiting. This was an incredibly stupid assumption on my part.

After the demonstrative session, Diana stood up with obvious delight. She was all smiles, proudly displaying her now realigned hip to anyone mildly curious. She asked me if I could tell the difference, and I replied that I could; the fact that one hip had physically descended to align perfectly with the other was clearly visible; she was excited, and I was astounded.

Leland was generous enough to offer me a session to experience the mysteries of Rolfing firsthand, and of course I had to accept. From firsthand experience, I can now say without a doubt that Diana is definitely no wuss. Leland cautioned me against using my first impression of the sensation in this article because of the power of certain words; he told me that people already had stereotyped Rolfing as a painful endeavor.

I would not lie to you, dear reader: Rolfing hurts. The collagen fibers that compose the fascia must actually be liquefied to regain maximum muscle function, and that takes a lot of strategically applied pressure and friction. But the benefits far outweigh the pain, which diminishes significantly once one is used to the practitioner's touch. Similar to Diana, I noticed immediate results after the session was over; my shoulders were back, my hips were under my torso, my neck felt great. After years of slouching, I was seemingly cured in an hour and a half.

But perhaps the greatest benefit was that I felt lighter on my feet all day. I am not normally conscious of the weight of gravity, but afterwards, I was conscious of the fact that today, it weighed less. The effects of this technique are simply astounding, but to receive permanent benefits, Leland recommends ten to twenty sessions, or as necessary. But perhaps the most interesting aspect of Rolfing is the emotional release that accompanies the breakup of the fascia.

I experienced this release as a lucid, thoughtful, heartfelt conversation I had with Leland while he was working on me, which I unfortunately remember none of. Leland assures me that this, and other, kinds of emotional expression are common, and that working over the fascia often releases "emotions that are held in."

To help people with these seemingly unexplainable emotional outbursts, Leland often attempts to bring people's awareness into the present. Using a series of questions vaguely reminiscent of the Socratic method, he attempts to focus the attention of the person on the painful area, asking people to reach out and sense the buildup in their bodies through a series of thoughtful postulations. While they may seem silly, these queries aid a person in becoming emotionally aware of what is transpiring in their own bodies, and helps them to remain "in the moment" during the Rolfing process.

While Rolfing attempts to unify the body and gravity through structural integration, Leland may have his own agenda; he wants you to be alive. He strongly believes that Rolfing can help us to "sense our bodies more deeply," and that, in turn, leads to a better life. As a Rolfer, he helps people to have a greater awareness in relationship to the larger reality around them. He feels that it is "really important to be alive," and awareness of every precise moment can only heighten our human experience.

So not only will Rolfing help align you more precisely to combat the ravages of gravity, it will help you become more aware of the sensation of simply being alive. Leland believes that "pain by itself can help shrink a person's aliveness," and he has dedicated himself to ensuring that pain does not diminish the capacity to be truly alive. While talking, Leland and I hit upon the phrase "relaxing into aliveness," and we both agreed that not only does it encompass the goals and results of Rolfing, it makes a pretty good slogan.

###

Poetry Page

To submit poetry to be published in the next issue of the Crazy Wisdom Community Journal, *email to sarah@crazywisdom.net in text format by July 15, 2006.*

My Daughter Knows When Rocks Kiss

by Bronwen Wildflower

My daughter can make the most incredible rock sculptures, placing the most improbable rocks atop each other. She describes how they connect, the "click", when she finds their sweet spot. To me, it sounds like a kiss.

My daughter knows when rocks kiss,
Like that moment in the movie
When eyes meet,
Movement is initiated.
The question is asked,
May I?
Can I?
Should I?
And the answer is yes,
Contact is made,
And the miraculous has happened
Again.
A flow established between two bodies,
Two Souls, two Beings,
Even if fleeting,
Even if this is the only kiss,
The moment is enduring,
Eternal.

The masculine asks the feminine
To allow this moment of Homecoming.
Whether in that moment the Origin
Of that question is in a man or a woman,
Or between rocks,
The question is the search of life for itself.

My daughter knows when rocks kiss.
She can feel it.
She trusts this feeling,
And loves to find unlikely partners
For this moment of communion.

Crystal Ball

by Wasentha Young

In front of illuminated crystals
Of brilliant colors and feelings
Radiantly – radiating the essence of my being
Crystallized

I can see the dark

In this cave are the secrets
The answers to my questions
Here... is the wisdom of ages, of eons
The light of life and living

Air

by Jeanne Adwani

I feel It on my neck. It catches a curl and twirls it on my skin.
I inhale to feed my body with the life force of It.
My nose tells me the quality of It.
My body feels the velocity of It.
My eyes capture the effects of It.
The seasons can determine the heat or the chill of It.
Without It, I die.

Can I hide from the Invisible?
Can I hide from the life force that feeds
 Every cell of me?
Can I bear the overwhelming presence
 Of It?
Can I serve the breath of me?

The Invisible holds me in my presence.
In, out, in, out... again till the last breath.
Is this the Hero's journey?

Anxious with these inhales that hold me
 In the hands of life.
The unseen is seen with the stories that
 my living betrays of
me. Of you. Of us.
Can I breathe
tomorrow's breath?
Will yesterday suffocate
me?
Will I die before my
'living' begins?

The surrender chills me. The
quest calls to me.
The truth of me awaits with each
breath.
I am always looking the invisible in
the Eye.

I am whole with each breath...
I am enough. Now
Breathe eeeeee

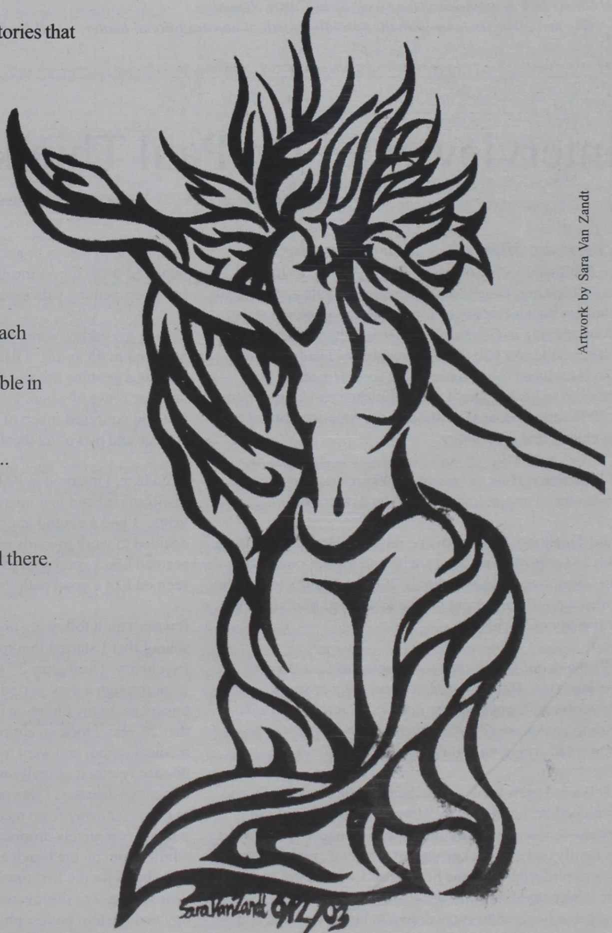
Now is all there is. Now is all there.
Now is all. Now is. NOW.

Can you hide from Now?

Blessings Shown

by Will Balice

Whirlwinded, tight,
Gripped-open, held,
Blinking.
Silence.
A rush, a gentle small grain,
Radiating around many.
Splintered to form the footprint
Of your breath.
How many of me are there?
Will you see me again?
Tall-set trust,
Lingering in your wrist,
Whispers of quiet release,
You love me.
Time-sets, low,
I love you.
In a naked horizon,
All of our blessings shown



Artwork by Sara Van Zandt

Ann Arbor's Next Generation of Holistic Physicians —

The Crazy Wisdom Community Journal Interviews Four Idealistic and Dedicated Young Doctors about their Backgrounds, Practices, and Beliefs

Interviews by Bill Zirinsky
Photography by Linda Lawson

(L to R) Doctors Paul Thielking, Amy Dean, Malcolm Sickels, and Debra Alspector

The Ann Arbor holistic health scene has come a very long way over the last 35 years. Back then, the Ann Arbor Food Co-op was a small storefront, and the Free People's Clinic tried to bring egalitarian medicine to younger Ann Arborites. It was a profoundly different era, but it was at that time that ideas about alternative medicine first took root in this small city, and around the country.

Starting in the mid-1970's, a few holistic physicians appeared in the Ann Arbor area, combining traditional, allopathic training with interests in homeopathy, herbs, and acupuncture.

By the mid-1980's, Dennis Chernin, Edward Lev Linkner, and Pat Kelly were well established in this region.. And U-M Sociology Professor Max Heirich helped to found the local Wholistic Health Council.

In the late 1980's, the Parkway Center on Huron Parkway was founded by Linkner and Chernin, and it became a home to non-traditional allopaths, as well as homeopaths, bodyworkers, holistic dentists, herbalists and acupuncturists, as well as to Castle Remedies.

The last 20 years have seen the sprouting forth of non-traditional healers of all kinds and stripes and colors. One only has to look at Crazy Wisdom's Guide to Health and Healing Resources in Ann Arbor *(available on our website at www.crazywisdom.net, and in printed form at the bookstore) to find the names and areas of specialization of 200 local practitioners of various healing modalities. And Crazy Wisdom has seen its mailing list of holistic practitioners within a 20 mile radius of Ann Arbor grow from 125 in 1989 to over 750 currently.*

Complementary and integrative medicine has entered the curricula of major medical schools, and wellness centers are associated with hospitals throughout the country. (And Andrew Weil can be seen on Larry King Live *every few months!) The next generation of holistic physicians is coming of age – in a much more welcoming atmosphere than ever before. Americans spend billions of dollars a year of their own money visiting physicians and healers who incorporate both traditional and alternative approaches to wellness.*

What follows are interviews with four local physicians, each under the age of 40, each of whom is creatively combining a traditional medical education with complementary approaches.

Interview with Dr. Paul Thielking

Bill Zirinsky: Please tell us about your training and credentials?

Paul Thielking: I attended both undergraduate and medical school at the University of Iowa. I then completed residency training in General Psychiatry at the University of Utah in Salt Lake City. During residency, I had a mentor who introduced me to some of the complementary approaches to healing that I use. I finished residency training in 2003 and am Board Certified by the American Board of Psychiatry and Neurology.

Bill Zirinsky: How old are you? Where were you raised? How long have you lived in the Ann Arbor area?

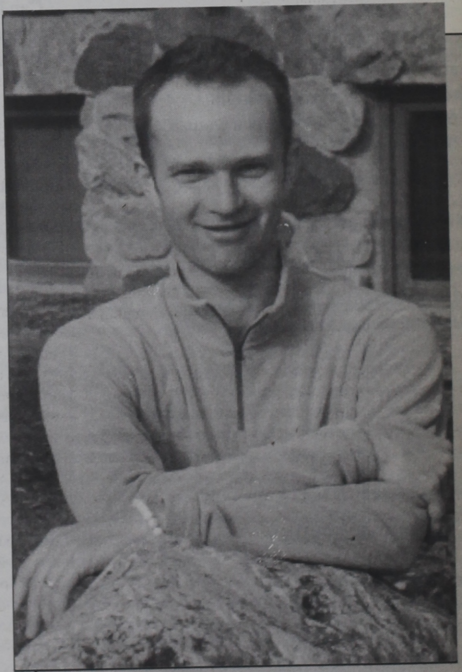
Paul Thielking: I was born and raised in Des Moines, Iowa. I am 35 years old, and have a wife and a three-month-old son. We moved to Ann Arbor in 2003 so that my wife, who is also a physician, could pursue additional training at the University of Michigan.

BZ: When did you realize you wanted to be a doctor? A psychiatrist? Were other family members of yours psychiatrists, psychologists, doctors or nurses or in the healing professions? Were there other things you wanted to be when you were growing up, and if so, what?

Thielking: I grew up in a suburban middle class family and developed an interest in Western psychology and the Eastern contemplative traditions as a teenager. Nobody in my family had any background in medicine, psychology, Eastern philosophy, or the healing arts, so I'm not really sure where my interest in these things originated. I remember being intuitively drawn to books on yoga and meditation during high school, but I didn't have anyone around me to talk to or ask questions of, so I explored these topics through my own reading and by experimenting with meditation.

During my earlier years, I had little idea about what I wanted to do in life. I had some ideas about leading a genuine life and following my heart, but no clear sense of where I was headed. I felt quite lost and confused much of the time, even through college and part of medical school.

In college, I majored in Psychology, but became disillusioned and lost interest over the first couple years. I had a natural aptitude for the sciences, so decided to work towards medical school because it seemed like a good goal to work towards and it seemed like a good path towards helping others.



Paul Thielking, MD, is a Psychiatrist with an interest in Transpersonal Psychology and Zen Buddhism

It wasn't until following my 3rd year of medical school that I started thinking seriously about Psychiatry. During my 2nd year of medical school, I went through a dark period of feeling lost and unsure about my direction in medicine. Following that 2nd year, I took an entire year away from medical school and went to Brazil to do infectious disease research. I really wasn't that interested in infectious diseases; I was primarily looking for a way to get as far away from medical school as possible without completely dropping out. In Brazil, I lived in a little room on the beach and started meditating on a daily basis for the first time. This was a life-changing year for me. I re-discovered my earlier interests in psychology and Eastern philosophy. I really became interested in Zen and decided I needed to commit myself to a dedicated meditation practice and find a teacher. I developed an interest in transpersonal psychology. During this year in Brazil, I realized that I needed to somehow integrate my interests in Buddhism and transpersonal psychology with my path towards becoming an allopathic physician.

BZ: When did you set up your practice? I know it's not always that easy to set up a new practice, or maybe it has been for you? Tell us some about that aspect, please.

Thielking: I began my private practice in the spring of 2004. Developing a practice has been a slow, gradual process. I am now doing private practice nearly full time. It has been a great challenge moving to a new community and trying to start a practice from the ground up. In medical training, I learned very little about the business aspects of maintaining a successful practice, so the learning curve has been steep. Through the process of starting a practice, I've realized the importance of developing relationships with other practitioners in the area including primary care physicians, psychotherapists, and other healing professionals. I have been fortunate to develop relationships with experienced holistic physicians in the area, particularly doctors in the Parkway Center such as Lev Linkner and Jack Scheerer.

What are the main areas of your practice?

I see three general areas of the work I do with people. First, medication treatment is often an important part of a

> "My Zen practice has greatly influenced my view of Psychiatry and therapy. There is a great deal of emotional and mental suffering in our world… ...Psychiatry is helpful for developing a happier, stronger, more resilient self, but Psychiatry perpetuates the idea that we are limited selves, separate from each other and the rest of the world… The Buddhist disciplines that I am drawn to challenge this view that we are isolated, separate beings."

comprehensive treatment approach. Second, psychotherapy is something I offer to nearly everyone I work with, unless they are already working with another therapist. Finally, I offer complementary, or alternative approaches to healing. These complementary modalities generally fall into the category of "Mind-Body" healing. The approaches I offer include meditation, working with the breath, and working with sound as a healing tool.

In what ways do you practice "traditional" medicine? Give us some specific examples.

For everybody I see, I do a "traditional" Psychiatric Evaluation, using standard diagnostic codes and following the standard of care in presenting people with treatment options. I prescribe medications when appropriate, most frequently for mood or anxiety problems. In addition to medication, I offer psychotherapy. In my therapy work, I offer a variety of approaches depending on the patient and their needs. For some people this may simply involve supportive listening. For others, this may involve a cognitive-behavioral or here-and-now based problem-solving approach. Other patients may benefit from focusing on the past to explore family dynamics, traumatic experiences, or negative patterns of thinking, feeling, and relating to others. All of these approaches fit well within a traditional psychiatric model of care.

For example, a patient may be feeling overwhelmed by stressors involving work and relationship issues. They may present with a variety of depressive or anxiety symptoms. Depending on the severity of their symptoms, I might prescribe an anti-depressant medication and start doing weekly psychotherapy to address the issues that they are struggling with in life. We may start by looking at the current situation and then look at the way that the current situation may be connected to earlier relationships and life experiences. As limiting patterns of thinking, feeling, behaving, and relating to others become more evident, we may develop strategies for changing these patterns and living a healthy, fulfilling life.

In what ways do you practice holistic or integrative or complementary medicine?
Please give some specific examples.

There are three general approaches that I use that would be considered alternative or complementary.
First, I have a lot of interest in working with the breath. I often teach people deep, diaphragmatic breathing as a relaxation or stress reduction technique. For those interested in meditation, I provide instruction of basic meditation techniques involving following or counting the breath. The breath can also be used to facilitate healing by using techniques that I label as "breathwork". Breathwork generally consists of a session involving sustained connected breathing for 45 minutes to one hour. This connecting breathing can open and release restricted breathing patterns. During this process, people can experience release of emotions and energy that are often stored in muscular tension and restricted breathing patterns. This can facilitate healing on physical, emotional, mental, and more subtle energetic levels.

Sound is another healing modality that I integrate with the more "traditional" work I do with people. The use of sound in healing is based on the idea that we are all vibrational beings and that the vibrational nature of sound can have a healing effect. Sound waves carry the intention of the healer to do their work. I am particularly interested in vocal toning. Toning typically involves the vocal expression of long, drawn out vowel sounds, such as "aaaaaa" or "ooooooo". The vocal sound can be a vehicle for releasing physical, emotional, mental, or energetic tension and restoring a sense of balance or harmony. Vocal toning can also offer a way of getting in touch with our "true voice" or essence. For people overwhelmed by anxiety or emotional turmoil, toning can be used as part of a meditation or deep breathing session. The sound of the voice can drown out the mental chatter that people have such a hard time freeing themselves from.

The other complementary approach that I use is "transpersonal" psychotherapy. Transpersonal therapy is for those that are exploring or integrating those aspects of themselves that transcend the limited "self" or ego. This type of therapy can help people that are trying to integrate opening or awakening experiences. The main approach I take utilizes the "Big Mind Process", which was developed by my Zen teacher, Genpo Roshi. The Big Mind Process has its roots in Jungian and Gestalt therapy and it is an excellent technique for exploring ourselves, particularly our "shadow" aspects. Genpo Roshi has expanded the technique beyond self-exploration to help people become aware of their "transcendent" or transpersonal nature. This technique has been used to help people experience Big Mind, or the True Self. Opening up beyond identification with the limited self can be deeply healing.

Tell us more, please, about your views about psychiatry, and about therapy, in general.

My Zen practice has greatly influenced my view of Psychiatry and therapy. There is a great deal of emotional and mental suffering in our world. In Western Psychiatry and Psychology, we have developed a scientific biological understanding of the individual as well as a rich spectrum of individual psychological theories. These Western approaches that can make life more rewarding and meaningful, and can effectively relieve a great deal of pain and suffering. Psychiatry is helpful for developing a happier, stronger, more resilient self, but Psychiatry perpetuates the idea that we are limited selves, separate from each other and the rest of the world.

The Buddhist disciplines that I am drawn to challenge this view that we are isolated, separate beings. This separateness is only the "apparent" reality. The "real" reality is that we are all One. From this perspective, all the benefit from therapy and medication in the world still leaves us suffering in a fundamental way, due to our attachment to and identification with the limited self. Western Psychiatry eases suffering, but does not cut the root of suffering. Disciplines such as Zen offer true liberation, which involves letting go of our identification with the self.

Despite the value of these Eastern disciplines, they can be limited in their ability to assist those dealing with psychological problems or emotional distress. They can also be limited in their ability to facilitate awareness of our shadow side. People can spend years on a cushion avoiding their own personal psychological and emotional issues. Destructive emotional and behavioral patterns can persist even in very enlightened masters. I think that the Western and Eastern approaches can complement each other well, and that each has something important to offer the other. They both offer the relief of suffering and can facilitate the process — increasing awareness, consciousness, and awakening.

How much use do you make of psychiatric drugs in your practice? There have been tremendous advances over the last 30 years, in the understanding and treatment of bipolar disorder and schizophrenia, is that correct? Tell us a bit about that?

By the time most people have made an appointment with a Psychiatrist, they have come to a point in their lives where they are seriously considering medication. I frequently see people in crisis, who aren't able to function, or who have severe mood, anxiety, or psychotic symptoms. Many of these people need medications in order to function or have the quality of life they desire, so I carefully prescribe medications to many of my patients. Medications have had a tremendous impact over the past 30-40 years for those struggling with severe mental illness, such as Schizophrenia or Bipolar Disorder. In the past, many of the severely mentally ill were institutionalized. Now, with progress in biological Psychiatry, many people with severe mental illness are able to maintain productive work lives and significant relationships, none of which would be possible without the medication advancements we have seen. I have seen medications have a tremendous positive impact on the well-being of many of my patients. Medications are often an important part of the comprehensive approach that I try to take with people.

At the same time, I was reading in The New York Times, *that some of the latest generation of psychiatric drugs have proven to have significant side effects, drugs such as Zyprexa...and in that article, it said that some studies were finding that the older generation of drugs may still be the better ones to use. So, it seems like it is three steps forward, and 2 steps back, and so on. Will you comment on that?*

With each new development in medication, there is initially a great deal of enthusiasm. With the atypical anti-psychotics like Zyprexa for example, it seemed that these medications offered all of the benefits of the older anti-psychotic medications without the side effects. Now that the atypical anti-psychotics have been in use for a while, we are discovering that they have problems that weren't initially apparent, such as increased weight, blood sugar or cholesterol levels. These side effects aren't as immediate and dramatic as some of the movement disorders, sedation and other side effects commonly encountered with the

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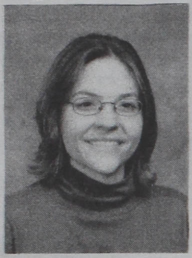
older medications, but the long-term impact on overall health may be more severe with some of the newer medications. I think the underlying lesson is that there are no "magic bullets". There are many medications that offer a great deal of benefit, but they all have risks that need to be taken into account. I try to do my best to provide people with the information they need to make an informed choice, with full awareness of the potential side effects.

What are the rewards, and what are the challenges of practicing in Ann Arbor, where so many people already have some familiarity with holistic modalities?

Ann Arbor is a great place to have an integrative practice. There are many gifted practitioners of the healing arts, offering a broad array of alternative therapies. People in Ann Arbor are sophisticated and well informed when it comes to holistic medicine. The area is saturated with a large number of therapists and alternative practitioners, so there may be an over-abundance of choices for clients, and there is naturally competition amongst the professionals for those seeking services. In my experience, there are not many Psychiatrists in the area that are incorporating complementary approaches into their practices, so I have found a certain niche.

Are you associated with one or more of the local hospitals? What is your relationship to the allopathic system, and the local allopathic establishment?

I do not have a formal relationship with any of the area hospitals, though I may seek this out more in the future. I was heavily involved with the hospital-based allopathic institutions during my training and I was ready for a



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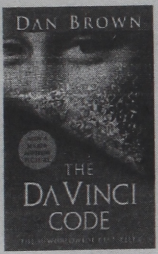

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_ _ _ _ _ _ _ _   _ _ _ _ _ _ _

Hint ~ King Francis held him as he died.

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Interview with Dr. Paul Thielking (continued)

change coming out of residency, so I have really enjoyed the freedom to practice in my own way over these past couple years. I have good informal relationships with some local Psychiatrists and hospitals, and I may become more involved with local allopathic institutions in the future, but for now my private practice is very challenging and rewarding. I don't anticipate myself shifting course any time soon.

What else might you care to tell me about, in terms of your views of medicine, psychiatry, and/or healing?

Over the past several years, I have immersed myself in Zen Buddhism. Zen practice, along with my family, is the heart of my life, so I tend to see things through the lens of a Zen student. In Zen practice, we vow to save all sentient beings; to put off one's own ultimate liberation until all beings have been awakened. From this perspective, everything in our daily life becomes upaya, or "skillful means" for helping others awaken. All of the healing approaches that I use are skillful means for relieving suffering and facilitating the process of growth and expanding consciousness. Each approach has its own particular strengths and weaknesses. Biological Psychiatry is quite effective in providing symptom relief and stabilization, but is not necessarily helpful for facilitating deeper or more subtle levels of growth and healing. Complementary healing approaches that involve breathing, sound and meditation can facilitate healing in a deeper, more subtle way than simply taking a medication, but may not be very helpful for someone in acute distress or crisis. An important aspect of my work with people is using the most appropriate healing approach given the patient's individual circumstances. All of the approaches have something important to offer, and all can be healing in their own respective way. I try to be open and flexible when I am with patients and follow my intuition to best serve the person in front of me.

Do you like practicing medicine? What aspect of your work are you most passionate about? What do you love about what you do?

I really enjoy my private practice, where I can offer a comprehensive approach to working with people. I have been involved in clinics where my role is limited to "medication management". I find this quite limiting and constricting. The aspects of working with others that I enjoy most are psychotherapy and the "complementary" or "alternative" approaches that I use. The most rewarding part of my work is to facilitate growth and healing in others. Ultimately, my passion is for helping others see beyond their limited views of themselves, to appreciate the beauty and mystery of life, even with all of its pain and suffering.

What aspect of your work do you find least interesting? And what is most burdensome?

For me, the psychopharmacology is the least interesting. I recognize the importance of medication, and I make sure that I am up-to-date with the literature and use drugs wisely and safely, but I am much more interested in psychotherapy and the alternative healing approaches. The tasks involved with running the business side of a practice, including the billing and dealing with insurance companies, is the most burdensome. I have been working to develop a more positive attitude towards these aspects of private practice, but it can be difficult because of the time required. Dealing with the pharmaceutical industry can also feel burdensome. On one hand, I appreciate the medications and the information that the drug representatives provide. On the other hand, I recognize that their goal is to get me to prescribe more of their particular medication, and I have some aversion to listening to the frequent sales pitches day after day.

Do you go to professional conferences? Which ones?

I used to attend the annual meeting of the American Psychiatric Association, but haven't had an opportunity to attend for the past couple years. Most recently I attended a conference by the American Group Psychotherapy Association, which involved a two-day workshop on a Meditation-Based Psychotherapy Process Group.

Are you raising a family? What are the gifts for you of family life?

My wife and I have a 3 month-old son named Kai. This is our first child and it has been a wonderful experience. Having a child has been a life-changing event. Nothing else quite mimics the love you feel for a child- it's beyond what I could have imagined. He is such a joy and I am trying to spend as much time as possible at home with him.

What do you like to do for fun?

I really enjoy the outdoors. I like hiking. My wife and I like to travel, and sometimes go Scuba diving. I have an informal "toning group", where we explore the use of sound as a healing tool. This is a pleasure that I always look forward to. On weekends, I love walking our dog and spending quiet time with my family.

What places have you been to that are "furthest away" from Ann Arbor, geographically? Are there some places you would love to travel to?

I've done a lot of traveling in Central and South America, to places like Belize, Honduras and Brazil. I once spent a month in Spain, which remains one of my favorite trips. Following medical school, my wife and I did a three-week trek around the Annapurna circuit in Nepal. I probably wouldn't repeat this venture given the current political climate there. Last year, we went scuba diving in Palau, which is an amazing country in Micronesia.

Anything else you'd like to impart, or express?

Only that I am deeply appreciative of the professional opportunity I have encountered here in Ann Arbor. I feel fortunate to be part of such an open, vibrant community. I would also like to thank you and the *Crazy Wisdom Journal* for this opportunity to share a little about myself.

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nterview with Dr. Amy L. Dean

'l Zirinsky: Please tell us about your training and edentials.

ny L. Dean: I'm board certified in Internal Medicine and ard eligible in environmental medicine. I have a B.S. in ology from University of Michigan and my Doctor of steopathy is from Kirksville College of Osteopathic edicine in Kirksville, Missouri, the birthplace of osteopa-y. My residency training was in inner city Detroit at St. hn Detroit Riverview Hospital. I started attending ılistic medical conferences over 11 years ago and have ent time training with some of the nationally and interna-ınally known experts in holistic and osteopathic medicine.

'll Zirinsky: How old are you? Where were you raised? nd how long have you lived in the Ann Arbor area?

my L. Dean: I'm 32 years old and was raised in the Flint ea. I moved to Ann Arbor for undergrad then left for edical school and residency. Now, I'm back for good.

Z: When did you realize you wanted to be a doctor? ere other family members of yours doctors or nurses or in e healing professions? Were there other things you anted to be when you were growing up, and if so, what?

ean: My mom's got a picture of me in a makeshift surgical ıask, hat and gown when I was about 4 years old - perating on my teddy bear. Growing up, I also considered ıw, very briefly, and psychology. It was not until high chool that I began seriously thinking about becoming a octor. I have an uncle who is a retired vascular surgeon nd a cousin who is a radiologist.

> "My mom's got a picture of me in a makeshift surgical mask, hat and gown when I was about 4 years old - operating on my teddy bear."

3Z: When did you set up your practice? I know it's not ılways that easy to set up a new practice, or maybe it has een for you? Tell us some about that aspect, please.

Dean: I opened my practice almost two years ago, on Ann Arbor's West Side. It was quite a challenge coming out of residency and opening a solo practice. Some of my peers thought I was crazy. The guidance of my physician and business mentors has been a real blessing and I was fortunate to have my sister design the clinic. Starting up a new medical clinic is much more difficult than entering a position at an established clinic. I think the beauty of this practice is that its mission has been to provide top-notch holistic care right from day one as opposed to practices that need to make the transition from traditional medicine into a holistic based model.

What are the main areas of your practice?

I primarily practice holistic Internal Medicine and osteopathic manipulative medicine. Environmental Medicine is also an important aspect of my approach. I find that this combination of care is very effective in restoring patient health because it addresses the function and structure of the patients' mind and body. I integrate osteopathic medicine in with holistic medicine often working on weak or stressed organs in the body. Directly working on organs such as the lungs, kidneys or brain with gentle manipulation restores blood flow, drainage and energetic balance to the body. From an environmental perspective, when I evaluate and treat patients it is important to see them as an open system of biochemistry and energy that is influenced by their environment, diet and lifestyle.

In what ways do you practice "traditional" medicine? Please give some specific examples.

Practicing holistic medicine, I still look at disease processes through the lens of traditional medicine. I often blend traditional diagnostic tests with more advanced holistic blood work, imaging, and osteopathic diagnostic methods. With patients who are acutely ill, sometimes I find it necessary to stabilize their health with drug or surgical intervention while supporting the body with holistic and osteopathic treatment. I refer patients to specialists for traditional care when warranted.

In what ways do you practice holistic or integrative or complementary medicine? Please give us some specific examples.

Trained as an osteopath, I see the body as a whole and if given the right healing tools, it can heal itself. In my clinic, I tailor therapy to each individual patient. Intervening with diet changes and lifestyle changes can be helpful in restoring patients' health as well as educating them to be pro-active in making the necessary changes for better health. In addition, supplementing their diet with specific nutrients restores proper function of various organ systems and optimizes the biochemistry in their body. I also improve the structure of their physical and energy body with osteopathic manipulative medicine.

Tell us more, please, about your views about medicine, in general.

In general, traditional medicine can't be beat for acute medical care. However, many people these days, especially the patients I'm seeing, have chronic diseases that are minimally improved or not improved by traditional drug therapy alone. Blending the best of traditional and holistic medical care provides patients access to both worlds. Holistic medicine requires the patient to be more proactive. It's more than just giving the patient a drug or even a supplement. I am a guide on their journey to restore health. But, the patients on some level have to take charge of their life and it usually requires some degree of effort to re-establish wellness.

What are the rewards, and what are the challenges of practicing in Ann Arbor, where so many people already have some familiarity with holistic modalities?

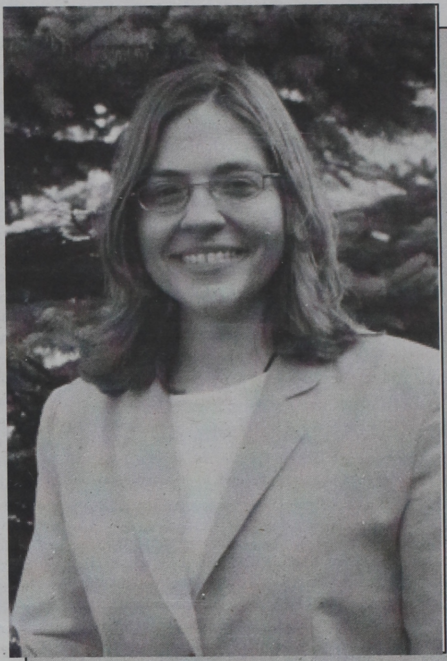
The people in Ann Arbor are open-minded and savvy when it comes to holistic medicine. They are well read and often ask many questions, and although sometimes there are no answers yet, they keep me on my toes. I often attend conferences to stay current with the new developments and treatments in holistic medicine.

Are you associated with one or more of the local hospitals? What is your relationship to the allopathic system, and the local allopathic establishment?

Although D.O.s and M.D.s have equal licensing and practice privileges, I choose to focus on clinical medicine and do not admit patients to the hospital. However, I do refer to specialists at St. Joseph Hospital for patients who have needs for specialists or hospital care. The allopathic system seems to be open to holistic medicine in Ann Arbor. I have attended meetings of the Washtenaw County Medical Society and the physicians I met were interested and appeared to be supportive of the work that I do.

> "Holistic medicine requires the patient to be more proactive. It's more than just giving the patient a drug or even a supplement. I am a guide on their journey to restore health. But, the patients on some level have to take charge of their life and it usually requires some degree of effort to re-establish wellness."

Do you like practicing medicine? What aspect of your work are you most passionate about? What do you love about what you do?



Amy L. Dean, D.O., is an Osteopath who is Board Certified in Internal Medicine, and she specializes in Holistic Medicine and Environmental Medicine.

I love practicing and studying medicine and I know it is what I was meant to do. I am passionate about working with patients to restore their health and I love to see their lives improve. Each journey on the path to better health is unique and I consider it an honor to share that journey.

What aspect of your work do you find least interesting? And what is most burdensome?

The least interesting aspect of my work is working with the insurance companies. They are still struggling to understand the benefits of holistic medicine for both the patient and the insurance industry. Change is slow, but I think inroads are being made. It is a bit of a burden trying to reach everyone who is interested in holistic care, regardless of income level. Because insurance does not cover many of the holistic services or allot enough time to spend with patients, there is a large segment of the population that does not have access to alternative medicine. Until services are covered, educating the public about their environment and health is at least a good place to start.

Are you raising a family? What are the gifts for you, of family life?

I'm not raising a family. However, while growing up, my family gave me several gifts including love, compassion and integrity. I'm very grateful for these gifts. They are and will always be a very positive influence in my life.

What do you like to do for fun?

For fun, I really enjoy playing my alto sax. Right now, I'm playing in a 70's jazz/funk band led by David Swai who also leads the II V I orchestra. I also enjoy readin listening to live music and watching movies.

What places have you been to that are "furthest awa from Ann Arbor, geographically?

At this time, most of my travel is to medical conferen Seattle is the farthest place I've traveled. I enjoy vacationing around Traverse City and Petoskey. I'd love to travel to Paris, and hopefully will do so in th near future.

###

Interview with Dr. Malcolm Sickels

Bill Zirinsky: Please tell us about your training and credentials?

Malcolm Sickels: I did my undergrad at the University of Illinois, where I ended up as a psych major (long enough to know I didn't want to stay in the field, but versed in the foundations); then a few years later took the pre-requisites for med school at Washtenaw Community College, med school at the University of Michigan, and residency in family medicine at Flower Hospital in Sylvania, Ohio. That got me a BA and an MD and board certified in family medicine by the AAFP (American Academy of Family Physicians). I've also done additional training to become board certified in holistic medicine by the ABHM (American Board of Holistic Medicine) and in Chelation therapy by ACAM (the American College for the Advancement of Medicine).

Bill Zirinsky: *How old are you? Where were you raised? How long have you lived in the Ann Arbor area? I know that you and your wife are raising a family.How many kids do you have, and how old are they?*

Malcolm Sickels: Today, I'm 37 (I keep losing track). I was born and raised in the south side of Chicago, in Hyde Park. I've lived in Ann Arbor for 14 of the 15 years since I left college. Amy and I have three girls between us, ages 8 through 14. Having a family relatively early for a physician helped me keep my perspective about the training: medicine can suck all of the life, energy and time out of you- but I had a prior commitment and didn't let it take over my life (too much).

BZ: *When did you realize you wanted to be a doctor? Were other family members of yours doctors or nurses or in the healing professions? Were there other things you wanted to be when you were growing up, and if so, what?*

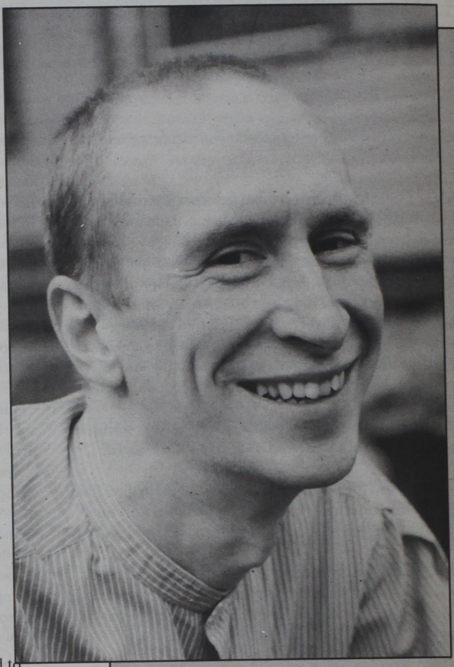
Malcolm Sickels: I never even considered medicine until I was working at the Rudolf Steiner school here in Ann Arbor. The combination of people there using natural medicines routinely and several of the parents' turning out to be physicians showed me two things: natural treatments are a viable alternative to conventional medicine and doctors are just regular people. There weren't any other medical people in my house: I'd never known any doctors or nurses outside of the exam room (which had been a rare place for me to be) until working at the Steiner school. My parents

> "…Knowing all the additional therapies I know, I can't go back to just doing orthodox medicine. That would by like asking a conventional doc to treat everything without using antibiotics: they would say, "but that can be the best treatment!" If I joined a conventional practice they wouldn't want me to be introducing therapies they knew nothing about into the mix. Frankly, I wouldn't want to be dealing with their train-wrecks, either. I also feel that the 15 (or 10 or 8 or 6...) minute appointment is absurd and not sustainable: it simply isn't possible to convey the amount of information that will make a difference in someone's health in that kind of appointment."

both went to the University of Chicago where they had steeped in "human development" (a real major at the time), so I'd had plenty of exposure to the fallout of Freudianism and my mom was a social worker (in child placement), which is remotely health related. Looking back, it's possible to see things I used to do that would have set me up for medicine: my mom reminded me of how much I loved putting bandages on myself, I used to dispense health advice at the drop of a hat in college. But maybe everyone does this to some extent: it could well be a selection bias in my head. I never really had anything that I planned or wanted to be, just some vague ideas about wanting to help people.

BZ: When did you set up your practice? I know it's not always that easy to set up a new practice, or maybe it has been for you? Tell us some about that aspect, please.

Malcolm Sickels: Toward the end of residency, I knew I wanted to have my own office here in Ann Arbor. I spent some time looking for part-time positions (as physicians, we don't have "jobs," we have "positions," weird, huh?), but they all fell through. So, a couple months out of residency I realized I'd have to go it alone, from scratch. Thankfully, my partner (and now wife) Amy was earning enough that we wouldn't go bankrupt right away and with the little equity we had in our house I bought my office and finally had it opened six months out of residency. Frankly, it was somewhat nerve-wracking to put everything on the line like that, but I didn't feel like I had a choice: knowing all the additional therapies I know, I can't go back to just doing orthodox medicine. That would by like asking a conventional doc to treat everything without using antibiotics: they would say, "but that can be the best treatment!" If I joined a conventional practice they wouldn't want me to be introducing therapies they knew nothing about into the mix. Frankly, I wouldn't want to be dealing with their train-wrecks, either. I also feel that the 15 (or 10 or 8 or 6...) minute appointment is absurd and not sustainable: it simply isn't possible to convey the amount of information that will make a difference in someone's health in that kind of appointment. I suppose if each person was reduced to a single symptom and only allowed to present that single symptom at the visit (to the exclusion of things that may or may not be related), it might be possible to accomplish in that kind of time frame, but that's not medicine: that's an assembly line. So, I see people for about an hour in my office. Sometimes it goes longer.



Malcolm Sickels, MD, is Board Certified in Family Medicine. He is also training to become board cerified in Holistic Medicine and in Chelation Therapy.

Starting up was a bit harrowing: how do I get people to know I'm here? It started slow and in April I started looking at not being able to cover the payments on my office. I got a call from Hurley in Flint looking for a doc to fill in for a couple days a week, which ended up working out perfectly. I was able to cover my expenses and serve some of the low-income population I'm not able to treat in my office here, all in the time I would be idle anyway, plus I'd get to sneak in some good education and nutritional therapies as well. It actually worked out much better than I'd imagined: I've been able to improve the health of quite a few people who'd been getting strung along by conventional medicine for a long time, and the volume up there lets me see some of the tests I use in a broader population. Stunningly, just about everyone I've tested vitamin D levels on this month has been below the limits of detection.

Now, just over a year out of opening my office, I'm booked up a month in advance and I'm going to have to hire front office staff and stop going up to Flint. Someday I hope to be able to pay myself.

What are the main areas of your practice?

There are a lot of names for the kind of stuff I do: holistic medicine, complementary medicine, integrative medicine, functional medicine, orthomolecular medicine, nutritional medicine, natural medicine, and innovative medicine. What it comes down to is improving health by addressing the causes of the disease with the least side effects. Often nutritional interventions and supplementation can do the job, sometimes other lifestyle or non-chemical interventions do it, and sometimes orthodox medical or surgical interventions are necessary. The patient guides quite a bit of the treatment: some people want to avoid medications completely, while others are perfectly happy with medications.

In what ways do you practice "traditional" medicine?

Orthodox medicine is great for some things, mostly acute illnesses: if your arm comes off, you need a surgeon; if you are having bacterial meningitis, go to the hospital and get antibiotics. Not to say there isn't anything we can do to optimize the treatment, but the conventional treatments are the foundation of those treatments. These were the things that made it the primary school of treatment. I'm conventionally trained as a physician and board-ed in family medicine, so I can do all the regular stuff any other family doctor can do: regular prescriptions, minor procedures, referrals to specialists, EKGs, labs, radiology orders, etc. Since I'm not focusing on procedures (many conventional doctors emphasize them because they get reimbursed well), I don't have the equipment in my office.

In what ways do you practice holistic or integrative or complementary medicine? Please give some specific examples.

The conventional medicine model starts to break down with many of the chronic diseases, and the refusal to acknowledge nutrition as crucial doesn't help. Besides nutritional support for most conditions, there are many things I've had some good success with. Amino acid therapy for mood disorders, bioidentical hormones, removal of toxic heavy metals, reducing cardiovascular risk and improving heart function with nutrition are some of the examples, but the key is finding and treating the root of the problem.

Tell us more, please, about your views about medicine, in general.

Since I got into this to improve people's health, it's important to get to the root of the problem and fix it as close to that point as possible rather than just treating and covering up the symptoms. Often the symptoms we have, such as a fever, are part of our body's way of fighting the disease. So, suppressing a fever just because it is there deprives the body of its benefits: decreased replication of the bacteria or virus, increase in immune molecules, etc. This isn't to say that we have to suffer with the symptoms: if the fever is getting too unpleasant, then by all means, go ahead and bring it down a bit, just understand the tradeoff you're making.

Using medicine or nutrients for therapy is another interesting contrast. When we use medicines, we are (usually) using single, unique molecules that have never been seen on the planet before (they have to be new and unique to be patentable). When we give medicines, we have to watch for side effects and the long term use typically has some potential for hurting other parts of the body: we're supporting one part but stressing another part and the trade-off should justify the therapy. Additionally, these unique molecules are fairly persistent in the environment since there isn't an established way to break them down completely. We're able to measure Prozac in the water in some areas already. With nutritional therapies, we're supporting the normal function of the body: while I may give something to help one area the same deficiency is affecting other areas

nd so it ends up helping in multiple areas.

Vhat are the rewards, and what are the challenges, of practicing in Ann Arbor, where so many people already have some familiarity with holistic modalities?

Some of the nice things are that there's a community of holistic physicians here who are supportive of each other. Despite having a fairly high concentration of holistic physicians, many of them are full. So, we're able to root for each other without feeling competitive.

Among the public, there's a higher level of understanding of holistic approaches. This is nice because often people already have a good foundation, but can be challenging since I then have to find the higher level therapies once the basic things have already been done.

Are you associated with one or more of the local hospitals? What is your relationship to the allopathic system, and the local allopathic establishment?

Inpatient medicine is a different beast than outpatient. I'm trained in hospital (inpatient) medicine, but I had to make a decision about how to spend my time. I'm spending my time on keeping up on office-based integrative medicine, so I let the hospitalists take care of anyone that needs to go to the hospital. My job is to help keep them from needing to go there.

What else might you care to tell me about, in terms of your views of medicine and/or healing?

During residency, where only orthodox medicine was done, we were following the pronouncements in the journals and it felt a little inane: the target blood pressures were changing all the time, this week, beta-blockers are first-line agents, last week a diuretic was the first thing to use. The patient was getting lost and we were treating numbers: blood pressure, cholesterol, etc. While the numbers certainly are useful, the numbers are not the patient and we can't lose sight of the patient.

With integrative medicine, we have the advantage of a much larger pool of possible therapies. Beyond the conventional medications, there are the nutritional, herbal, mind-body and various other modalities. We can keep trying until we find the best treatment for the patient.

Do you like practicing medicine? What aspects of your work are you most passionate about?

I love doing the kind of medicine I do. Making a positive difference in people's lives is always a wonderful thing and anyone who's done it loves it.

Bringing innovative therapies to people who didn't know of the alternatives is one of my favorite aspects: expanding someone's horizons and helping them to see the greater possibilities.

What aspect of your work do you find least interesting? And what is most burdensome?

Always, dealing with billing and insurance is the most loathsome complication. No one knows what the insurance companies will actually pay for. A has a contract that is between them and the insurance company and I have no idea what the terms of the contract are, yet I need to minimize the patient's out-of-pocket expenses. Sometimes, the insurance throws up additional roadblocks to the patient's therapy and requires the physician to justify the treatment. This can be somewhat insulting to the clinician, since it implies that we aren't ordering the tests for any good reason. I can understand the motivation behind this, since sometimes tests can be ordered unnecessarily, but if the true costs of the extra work were added up (right now much of that cost is born by the physician who has to fill out the paperwork without any reimbursement) there wouldn't be significant cost savings.

Do you go to professional conferences? Which ones?

When I started going to "alternative medicine" conferences, they were long on promise but short on useful therapies. Eventually, I got to the conferences of doctors who were actually doing the integrative treatments and getting results. ACAM, the American College for the Advancement of Medicine, has been fantastic for learning about interesting therapies. Many of the foundations of my practice I learned there. They've been around for over 30 years now and have some great educational programs. I've also gone to the Bio-identical Hormone Society conference and the American Board of Holistic Medicine, as well as a few other conferences here and there. Conferences are important since it is where we get to compare notes on how therapies work for our patients. Without deep pockets to do vast research studies, we have to rely on our clinical experience and what research there is. Surprisingly, there is some research, but it isn't always in the most obvious places.

> "Now, just over a year out of opening my office, I'm booked up a month in advance and I'm going to have to hire front office staff and stop going up to Flint. Someday I hope to be able to pay myself."

As a young college student, you worked for a time at Crazy Wisdom Bookstore, when it was in its former location on North Fourth Avenue. In terms of the store's content, was working at the store in any way useful to you, and if so, in what way?

Fresh out of college with little money, I didn't have the resources to get lots of books, and working at CW didn't allow much downtime for checking out the books. However, I was able to browse the titles and get an idea of what was out there. It's nice to have that kind of concentration of books in one store: it makes drawing connections between the different subjects much easier.

In order to be open to alternatives to the orthodox treatments, it helps to have a good foundation in metaphysics and the philosophythat there is more going on than what can be measured. Crazy Wisdomis that gateway that holds the seeds for opening the mind. I still reflectback on the ideas I gleaned from issues of *The Sun* that I got while I was there, as well as the ideas from NLP, Louise Hay, and several others. The fact that I was exposed to these before medical school(even before I considered medical school) made a huge difference in my retaining my sanity and perspective during the rigors of medical training.

What are the gifts for you of family life?

Family has certainly helped me keep my sanity as well as threatened it. Having kids before medical school gave me a perspective few med students have. My oldest daughter was entering kindergarten when I started med school: we had been spending a lot of time together before that and I knew it was all coming to an end since my time with her would be much more limited. However, that loss helped me to be determined to keep my humanity during medical school.These days my family gives me a reason to come home from the office (where I might otherwise spend all my time). It seems so easy to let taking care of others take over your own life, so this certainly helps me keep my feet on the ground. My wife has also been incredibly supportive of my starting my own practice both financially and emotionally.

What do you like to do for fun?

I ask my patients that on their first visit: a good thing that I should get asked it, too. What I like to do is spend time with my family, especially things where we're snuggled up together like watching a movie on the couch; also riding my bike, playing frisbee, skiing, cooking... Many of these are things that don't happen very often (I think I've gone skiing twice in the past 14 years), but still, there they are. Living in a cohousing community brings some unique pleasures: cooking a meal for 30+ people each month, playing four square with the neighbors (adults and kids), chatting and joking when we run into each other around the community (which can sometimes make it take a long time to get somewhere).

What places have you been to that are "furthest away" from Ann Arbor, geographically?

I spent my last semester of undergrad in Vienna, Austria, a wonderful way to get those last credits and a different perspective on life. Buying most of my food at the central market and bringing it home on the streetcars was a new experience for me, and being a vegetarian in Central Europe was a challenge. I spent nearly a month in Greece while I was there, as well as some time in Prague, Berlin and Budapest... Recently, however, the furthest I've been is California and Washington for alternative medicine conferences, but the stuff is so interesting that I hardly leave the building, so I don't get to see the area much.

Anything else you'd like to impart, or express?

There's a lot to say and a lot to learn. It would be great if I had unlimited time to gather all the information and more time to talk about it. Part of the reason I'm giving talks every month is to broaden people's horizons. Teaching is intrinsic to medicine: people need to understand their disease and what the treatment does or they won't take good care of themselves. The word "doctor" comes from the Latin word "docere," to teach, and I think a lot of that has been lost in medicine.

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Interview with Dr. Debra Alspector

Debra Alspector, MD, is Board Certified in Family Practice and in Holistic Medicine. She divides her time between a family medicine practice and raising her three young children.

Bill Zirinsky: Please tell us about your training and credentials?

Debra Alspector: I received a BA in Neuroscience from Oberlin College in Ohio in 1991. Then I earned my MD at Wayne State University School of Medicine in Detroit in 1996. In 1999, I completed the Family Practice three-year residency program at the University of California in San Francisco.I have been licensed to practice medicine in the state of Michigan since 1999, board-certified in Family Practice since 2000, and board-certified in holistic medicine since 2003. I'm a member of the American Academy of Family Practice and the American Holistic Medical Association.

Bill Zirinsky: How old are you? Where were you raised? And how long have you lived in the Ann Arbor area?

Debra Alspector: I am 36 years old. I grew up in Bloomfield Hills (NW suburb of Detroit). I lived in Ann Arbor after college in 1990 for a couple years before medical school—when I met my husband; now we've lived in Ann Arbor continuously since 2000.

BZ: *When did you realize you wanted to be a doctor? Were other family members of yours doctors or nurses or in the healing professions? Were there other things you wanted to be when you were growing up, and if so, what?*

Alspector: I've wanted to be a doctor since I was about 11 years old; but I got REALLY inspired, after I was myself a patient in the hospital when I was 14, and felt that I was not always treated respectfully, and so I wanted to work in the profession to make it better for patients. I didn't have any doctors in my family. I wanted to be a potter and cellist.

BZ: *When did you set up your practice? I know it's not always that easy to set up a new practice, or maybe it has been for you? Tell us some about that aspect, please? Also, Malcolm Sickels mentioned to me that you are juggling your practice with being a mom. Please describe for our readers what that is like for you?*

Alspector: I started private practice in 2003, with help and encouragement from Dr. Jack Scheerer and Dr. Edward Lev Linkner, both holistic family MDs at the Parkway Center (purple castle). I see patients very part-time (10-15 hrs/week) and some odd hours, so I am home w/ our kids a lot, and so that my husband could be home w/ them when I was working evenings & weekends. Sometimes my kids visit me at my office.

Now, I have an additional office on the Westside of Ann Arbor (sublet from Malcolm Sickels), closer to my home, so I can go back and forth more quickly to have more time w/ my family.
I have a small, solo practice, with a relaxed atmosphere, where I can build strong relationships with patients. I personally manage all aspects of patient care—from scheduling appointments, to taking questions by phone or email, to making referrals. My patient visits are usually 30-90 minutes.

What are the main areas of your practice?

Primary care family practice, adults & kids, men & women. Focus on prevention and optimizing wellness/vitality. Holistic approach—mind, body, spirit connections.
Emphasis on trying to get to the underlying cause of the problem, not just treating symptoms.
Collaborative approach, working very closely w/ patients to decide course of action together; we might do research together, I often recommend a book or speaking to another healthcare practitioner.
My areas of special interest are chronic fatigue, chronic sinusitis, migraines, candida, mood disorders, menstrual disorders, autism-spectrum, homebirth support, attachment parenting, breastfeeding support, immunization decisions.

In what ways do you practice "traditional" medicine? Give me some specific examples.

I generally take an allopathic/mainstream/western medicine approach to history taking, physical exam, ordering tests, & recommending prescription medications or other therapies. For example, a patient comes in with sore throat, I ask about fever, cough, exposure to others who are ill; I look at their throat, listen to lungs w/ a stethoscope, and may do a rapid strep test of the throat. I might recommend antibiotics, but with a detailed discussion of the pros & cons of antibiotics, and the alternatives, or treatments to do along w/ antibiotics (see below).

In what ways do you practice holistic or integrative or complementary medicine?
Please give us some specific examples.

I have a big focus on multi-factorial cause of illness or loss of well-being, w/ focus on nutrition, & I use some herbs, supplements & homeopathy, some body-work & guided imagery. I refer to acupuncturist or massage therapist, just as I may refer to dermatologist or cardiologist.
Functional testing may include neurotransmitters, hormones, toxins, food sensitivities, leaky gut.

"...I got REALLY inspired, after I was myself a patient in the hospital when I was 14, and felt that I was not always treated respectfully, and so I wanted to work in the profession to make it better for patients. I didn't have any doctors in my family. I wanted to be a potter and cellist."

Sore throat example— I might recommend (in addition to or instead of antibiotics, depending on the situation & the patient's interest/feelings) garlic, Echinacea, astragalus, goldenseal, mushroom extract, propolis, elderberry, slippery elm, or licorice root; avoiding dairy and sugar; and a homeopathic remedy; steam w/ eucalyptus essential oil; relaxation/deep breathing.

Tell us more, please, about your views about medicine, in general.

In US, we waste lots of money on late-stage treatment of disease, instead of prevention—much of which needs to be done at public health level (nutrition in schools for example), public policies (like incentives for people to drive less, watch less TV, take yoga classes, etc)

People need more time w/ their healthcare practitioner to really get to know each other, not to feel rushed.
There are usually multiple factors causing symptoms/ unwellness, such as stress, diet, physical activity, environmental toxins/pollutants in food, water, air, etc; hormone or neurotransmitter imbalances; improper breathing or posture; gastrointestinal imbalance, etc.

What are the rewards, and what are the challenges of practicing in Ann Arbor, where so many people already have some familiarity with holistic modalities?

It's really fun to work with people who are motivated and are already using some natural remedies. I learn a lot from patients who bring their supplements or a book or website that I may not be familiar with. Often patients get more motivated when they understand the inter-connectedness of health issues.

Often I can help guide people through an overabundance of often conflicting info, especially from the Internet. Because many people are so knowledgeable, they ask detailed questions and we may take quite a bit of time discussing pro & cons of using a particular herb, of example, and its mechanism of action, adverse effects, etc.

Are you associated with one or more of the local hospitals? What is your relationship to the allopathic system, and the local allopathic establishment?

I have hospital privileges at St Joseph, but I choose not to practice inpatient medicine, because I prefer to focus my attention/time on keeping people healthy and out of the hospital.

I occasionally consult by phone with, or refer patients to, allopathic specialists, such as dermatologists or cardiologists. I try to know which specialists have a holistic outlook, or at least an open mind, to hopefully increase the comfort level for my patients and get the best care.

What else might you care to tell me about, in terms of your views of medicine and/or healing?

It's hard for me to distinguish the practice of holistic medicine from the practice of medicine, because it's always seemed to me that holistic practice is what medicine is supposed to be.

Before I went to medical school, I considered going to a naturopathic school or studying acupuncture. I resolved that I would not allow medical school to make me cynical about approaches to medicine other than what I would be taught there; I decided to study these other approaches after I emerged from my training with MD in hand. As it happened, I was utterly exhausted by the process of medical school and residency, and it's taken me a long time to recover.

Why had I become a doctor in the first place? My experiences as a patient when I was fourteen insured that I had a pretty good idea of what it's like to be on the other side of the stethoscope. In the hospital, enduring an extensive workup with lots of testing and surgery, I learned the hard way to empathize with what many of my patients have gone through. Although the way I was treated was never abusive, it was traumatic, and part of that could have been alleviated by an approach to patient care that I did not receive.

Much of the difficulty for me at the time involved long periods of waiting during which what was happening to me or going to happen to me was either explained or left unexplained in ways that made me feel more like a number

than a person. Ironically, one of the most upsetting moments was when a social worker came and told me that most people in my situation had so much difficulty they couldn't finish out the school year. This was supposed to be comforting; instead it made the weight of the experience come crashing down on me. I know well how vulnerable we feel when are sick and not on our home turf.

Through a lack of emotional support perhaps, I came to know that the practice of medicine ought to be interpersonal and emotional, not purely clinical; that a physician can make a bond and feel for and with patients, even do some physical touch. The standard training I received in medical school was counterintuitive to me — it said, keep detached, don't get too involved. I tried hard not to buy into that.

Nevertheless, after med school, it took a long time for me to move away from the idea that emotional involvement should be avoided, back to the idea that had seemed so natural to me before: that the emotions — of both patient and doctor — are at the core of healing.

"… the practice of medicine ought to be interpersonal and emotional, not purely clinical; that a physician can make a bond and feel for and with patients, even do some physical touch. The standard training I received in medical school was counterintuitive to me — it said, keep detached, don't get too involved. I tried hard not to buy into that."

I was so effectively indoctrinated by the experience of medical school and residency that a huge part of my journey as a physician has been to heal myself from that process. I've found the structure I need to do this within holistic practice and the holistic community. Working with other such practitioners has enabled me to recover from how jaded I'd become. I wasn't even receptive to learning new things for quite some time because my training had been so demoralizing. More recently, I've been particularly inspired by the debunking of several received notions in standard Western medicine beliefs, such as the idea that fevers must be treated, that aren't really based on fact. Such assumptions often die hard, but if no one ever questions them, they plague us indefinitely.

There seems to be a high comfort level among holistic practitioners and researchers in challenging accepted ideas; within conventional Western medicine, I think there's more hesitancy. Open-minded, holistic thinkers realize that just because doctors have been doing something for a hundred years doesn't mean it's right. The discovery of the benefits of hand-washing and antibiotic resistance were changes that happened slowly in part because of the fear of questioning what we thought we know, a fear that's been embedded in Western medicine throughout its history. Instead, evidence-based medicine (and the idea that if something has worked somewhere else, why not look into it) inspires me and guides my practice.

After medical school, one of the most exciting parts of my training was in the use of acupuncture for de-toxing. At that time, there wasn't really much that Western medicine had to offer in the treatment of addiction, and it was exciting to see Chinese medicine help where Western medicine could not. In 1996, I went to China and trained in the use of Traditional Chinese Medicine with acupuncture and massage for many disorders, including chronic back pain, an example of a highly debilitating problem for which Western medicine provides little help, and sometimes offers risky surgeries of questionable benefit. That knowledge and approaches with real benefit existed outside the mainstream invigorated my spirit and my practice.

It's almost hard for me to believe that so many people see holistic medicine as an alternative practice because it doesn't seem unusual to me. As a family practice doctor, I feel an important part of medicine is that good patient care is not just a matter of addressing a specific issue that has come up, but looking at the larger context; each patient is not merely an individual but a member of a family and a member of a community. For me, the distance between good family practice and holistic practice hasn't been such a big leap.

Do you like practicing medicine? What aspect of your work are you most passionate about? What do you love about what you do?

I love broadening options for patients who may have thought drugs or surgery, for example, were their only option. I find it especially challenging, when there are so many options, to help patients prioritize what they'd like to start with, and how to help motivate people who strive for better health but find some of the steps to get there particularly difficult.

What aspect of your work do you find least interesting? And what is most burdensome?

There's a lot of paperwork, insurance issues.

Do you go to professional conferences? Which ones?

Yes. American Holistic Medical Association (AHMA), Institute for Functional Medicine, American Academy of Family Practice. When my kids are a bit older, I'd like to go to more holistic conferences/

What are the gifts for you of family life?

Never boring! A joy to see my kids play and grow.

What do you like to do for fun?

Hiking in the woods. Biking. Dancing. Play cello. Ceramics. Sewing.

What places have you been to that are "furthest away" from Ann Arbor, geographically? Are there some places you would love to travel to?

Hangzhou, China 1996 for 6 weeks—introduction to acupuncture and massage for 4 weeks in a hospital, and visited a rural village.
Thailand — beach on island.
Italy—saw doc's office & hospital.
I would like to go back to China; to New Zealand; and I'd like to see the medical systems in Cuba, Great Britain, and Canada.

Anything else you'd like to impart, or express?

I'd like to get to know all the holistic practitioners in the AA area, and that we all know each other, to work together to improve wellbeing of people in our area, refer to each other & learn from each other. For this purpose, I volunteer as the AHMA holistic area resource person, and I arranged a dinner for holistic practitioners and their friends/family (50 people came) in June 2005, and I'm planning another for April or May 2006.

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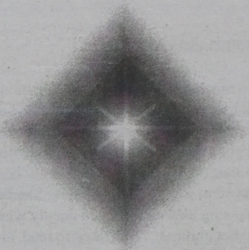
Spiritual Direction



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Elizabeth Cunningham to appear at Crazy Wisdom Bookstore Saturday, June 17 at 11:30 a.m.

Come meet and talk with Elizabeth Cunningham, author of *The Passion of Mary Magdalen: A Novel. The Passion of Mary Magdalen* is the centerpiece of *The Maeve Chronicles*, which is Cunningham's fifth novel, and the book she believes she was born to write.

For the millions of readers fascinated by Dan Brown's revelations about Mary Magdalen in *The Da Vinci Code*, here, at last, is their chance to meet the Gospel's most provocative woman face to face-on her own terms.

Her other novels include *The Return of the Goddess, a Divine Comedy; How to Spin Gold, A Woman's Tale;* and *Tales of the Shining Isles,* the prequel to *The Passion of Mary Magdalen.* Cunningham is currently at work on the third and final volume of The Maeve Chronicles, Bright Dark Madonna.

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So Much of Who I Am is Because of My Mother

By Bill Zirinsky

So much of who I am is because of my mother. It feels like a very long time ago to me, now, but there was a time when she was the person I loved and admired most in the world. She was my best friend when I was a little boy.

I got my desire to express myself from my mother. She was outspoken, she was articulate, she was passionate about her views and about the world she lived in. She believed in saying what she felt. She believed in expressing love and she believed in expressing anger. She cried deeply when life hurt, and sometimes she didn't hide her tears from her children. She liked to read, and she liked to write. She spent many an afternoon pecking away on her typewriter. Much of what she wrote was about her marriage and family, and reading it now it is repetitive and tiresome, but it is also insightful. She was an independent, postwar, 50's and 60's New York suburban woman, ahead of her time in her feminism, formed by Freud and the Roosevelts and the decency of her parents.

"She was engaging, she was warm, she was fiery, she was flirtatious, she was curious, she was loving, but sweet she was not."

I got my temper from my mother. No one would have ever called my mother sweet, and she hated the word. She was engaging, she was warm, she was fiery, she was flirtatious, she was curious, she was loving, but sweet she was not. All her four children had her temper; none of us had our father's quieter and more restrained disposition.

I got my provocativeness from my mother. My mother loved to provoke a good conversation, she liked the pointed question, sometimes she loved a good argument, she liked to put you on the witness stand, sometimes she wanted a real fight. At our dining room table, you had to know how to defend yourself verbally, and we did.

I got my passion from my mother. My mother loved life. She loved the ocean, and I love the ocean. She was the kind of woman for whom a great Chinese dinner was "the most superb Chinese meal I've ever had". She came to love Italy and the Italian people, and so we spent five full summers there, and we all loved Italy, too. She loved her children deeply and dearly, and so do I. She loved her children almost too much, and their pains were her pains, only multiplied. Maybe that's just what mothers do, maybe not, I don't know, she's the only one I've had.

She was passionate about my father, and their relationship veered from Tracy and Hepburn to "Who's Afraid of Virginia Woolf". I have been passionate about the people I have loved. She was a passionate friend to her women friends. She had good and strong and textured friendships with the women in her life. For my part, I learned about good and strong friendships from her, and I have those kinds of relationships with my closest male and female friends.

Helen Zirinsky and her father, Sam Gelsey, and her first born daughter, Jane.

"She was *unafraid*, having been bathed in her father's gentle and adoring love, with the self-confidence of a girl who had always been smart, beautiful and easily generous."

She was deeply loyal to her women friends, and she was there for them when they needed her. She wasn't afraid to be intimate and disclosing about her life with her friends, and I think her friends treasured that in her. They confided in her, they gossiped with her, they cried with her. And she was a mentor to younger women, first to my sisters' friends, and then later to other smart younger women. She was, to them, a very strong and ferocious woman, and yet playful and funny and generous of heart. The younger women whose lives she touched found her "unafraid" to a degree that is rarely seen in a woman of her generation in our society.

Helen Zirinsky

"My mother placed great value in the phrase 'to thine own self be true'. In other words, be yourself, actualize yourself, find yourself."

I got my good looks and charm from my mother. Considering my gray hair and middle-aged paunch, and my politically correct Ann Arbor demeanor, one wouldn't necessarily know that I had been good-looking and charming at a younger age. But I was. And I got it from her.

I got my politics from my mother. She was an Adlai Stevenson/ John F. Kennedy/ John Lindsay liberal who later loved Bella Abzug, Bill Clinton and Hillary Clinton. And so did I, though in between I also loved Jerry Brown and Jimmy Carter. She was for the underdog, she was comfortable with people of all races and religions, she intensely disliked hypocrisy and facade, and she *hated* Richard Nixon and Roy Cohn.

"…she had no use for suburban conventions, nor for the platitudes of suburban reform Judaism of the 1960's, nor for the "Goodbye, Columbus" materialism of her era and her milieu."

I got my outgoing nature from my mother. My mother was a beautiful and self-possessed young woman, and my father became a very successful and wealthy businessman at an unusually early age. So they traveled widely in Europe as a young couple in the 1950's and 60's, sometimes with their children, and sometimes without us. And my mother was as comfortable creating friendships with the grandson of the Kaiser and the young Marlon Brando, while on board the French Ocean Liner the SS Liberte, or with Cardinal Vagnozzi, the Apostolic Delegate to the United States, as she was comfortable getting to know the details of the family lives of our local butcher and grocer. Her outgoing nature was actualized — her life was full of interesting encounters and interesting friendships and lively dinner parties. She was, as I said, *unafraid*, having been bathed in her father's gentle and adoring love, and having the self-confidence of a girl who had always been smart and beautiful and easily generous. My outgoing nature, while no match for hers, was more apparent in my self-confident youth. Now it is somewhat quiescent. But it certainly does surface fairly often, and I did get it from her.

My mother placed great value in the phrase "to thine own self be true". In other words, be yourself, actualize yourself, find yourself. As an "empty-nester" in the early 1970's, she went off to Esalen Institute, and later to a Sensory Awareness workshop in Mexico, and to a silent retreat at a Buddhist center. She encouraged me to find my own way, she believed in psychotherapy, and she knew it was important to be authentic. Let me tell you, she was **way** ahead of the curve when it came to authenticity. She was decrying

photo by Larry Zirinsky

In Spain, with three of her four childlren ~
Nancy, John, and Jane.

My mother used to say to my father, "Larry, all it is going to say on your tombstone is 'husband and father'".

the "man in the gray flannel suit" way ahead of Betty Friedan, and she had no use for suburban conventions, nor for the platitudes of suburban reform Judaism of the 1960's, nor for the "Goodbye, Columbus" materialism of her era and her milieu. When I wanted to go off and live for three months at a residential Gestalt therapy institute in Italy at the age of 19, she was all for it. It is not surprising that the business I own (with my wife, Ruth) is a "bookstore about consciousness". My interest in "man's search for meaning" (the title of a book by Victor Frankl) came from my mother. I got my interest in doing good, and being good, from my mother. Crazy Wisdom Bookstore exists as it is because of who my mother was, and the values she imparted to me.

My mother used to say to my father, "Larry, all it is going to say on your tombstone is 'husband and father'". Not real estate developer, not Landlord to the New York Times and AT&T and Pfizer. Not the man who lives in the mansion up the hill. Only that you were a husband and father. I got from my mother, then, that love is what matters, not money. Who we love, and how fully we love, and how dearly we care for the people who matter most to us. That is what mattered to her, and it's what matters to me. I got this from my mother.

I got my nastiness, my meanness, from my mother. She had quite a tongue. She fought with my father like a witch, like a harridan, like a she-cat. She forgot nothing, and she didn't let him forget that she forgot nothing. His four older sisters apparently slighted her when she was new in the family, and boy she made hay with that for fifty years! Can you blame those four sisters, brought up in a post-Victorian and somewhat cold household, for casting dark eyes on this beautiful young upstart that their younger brother brought home? Well, she did. *Forever*. And she knew how to make my father pay. And when we four kids became young adults, she had a terrible time letting go. And she could be mean and vicious. I got that from my mother, too. Though I do really work on it, and have worked on it, and I can only hope that my version is a tamer, milder version (as in a kinder, gentler nation).

I got my good heart from my mother. She had an awful lot of heart. She mothered two daughters with significant challenges. My oldest sister was born with cerebral palsy, and my mother was such a wonderful mother to Jane, and an advocate for her, and a friend to her. My mother fought to mainstream Jane when she was a school girl in the 1950's (Jane was highly intelligent, and spoke four languages, and she eventually became a Ph.D. candidate in the area of Sexuality for the Disabled) before the concept of "mainstreaming" had even entered the vocabulary.

"She was a passionate friend to her women friends. She had good and strong and textured friendships with the women in her life."

My other sister, Nancy, suffered from bipolar disorder. She was a smart, pretty, sassy and popular schoolgirl, and the onset of her illness in her college years traumatized my mother. Nancy was institutionalized numerous times in her adulthood, and my sister's bipolar episodes always threw my mother into a "tailspin". (Nancy's illness destroyed her health and she passed away a few years ago.)

My mother suffered through her daughters' heartaches, and their setbacks, and their pain, and their misery. And she cried. And she stood behind them and encouraged them. And loved them fiercely. And she loved her two sons and husband.

She never lost heart, through five decades of parenting, until she had to watch Jane die an agonizing and slow hospital death at the age of 49. Then she lost heart. But until then she had great heart for the people around her, and for life itself. I can't say I have a great heart, as she did. I wish I knew how to let the tears flow, as she did. But I do have a good heart, and I am resilient. My resilience and my heart come from my mother.

So much of who I am is because of my mother. It's my inheritance.

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"...My mother had great heart for the people around her, and for life itself."

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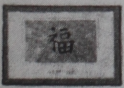
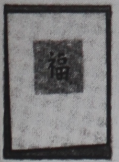
Sybil Shane Art Prints





In the East, calligraphy is an art form as well as a way of communicating. Even if we don't understand what the written characters mean, we can still appreciate the aesthetic appeal of their graceful designs. Artist Sybil Shane has chosen 24 Chinese characters as subjects for her Oriental calligraphy prints. Each depicts a quality we may wish to bring into our lives, such as clarity, joy, courage, laughter, strength, prosperity, and tranquillity. These symbols not only delight the eye with their artful lines and colors, they serve as visual affirmations that speak directly to the subconscious, subtly conveying their positive messages to the viewer. When placed in a specific gua according to feng shui principles, they also attract or enhance certain energies.

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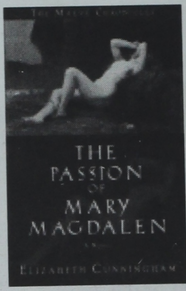
Elizabeth Cunningham to appear at Crazy Wisdom Bookstore Saturday, June 17 at 11:30 a.m.

Come meet and talk with Elizabeth Cunningham, author of *The Passion of Mary Magdalen: A Novel. The Passion of Mary Magdalen* is the centerpiece of *The Maeve Chronicles*, which is Cunningham's fifth novel, and the book she believes she was born to write.



For the millions of readers fascinated by Dan Brown's revelations about Mary Magdalen in *The Da Vinci Code*, here, at last, is their chance to meet the Gospel's most provocative woman face to face-on her own terms.

Make way for a new Magdalen. Born on a Celtic isle to eight warrior-witch mothers, Maeve is raised to be as brave as any hero. In her stubborn, enchanting voice, she recounts her perilous quest for the young man, Esus, whose life she once saved from druid sacrifice. Captured and sold to a Roman Madam, Maeve is sustained by a fierce sense of identity, compassion for her sister whores, and her unquenchable love. When she wins her freedom and finds her lost lover, a stormy life begins for both as we follow the Passion story through the eyes of Jesus's partner-disciple to no man. Not even the One she loves. By turns feisty and funny, outrageous and tender, this Celtic Mary Magdalen challenges all stereotypes, both old and New Age, and brings us to transforming encounter with the divine feminine made flesh.

Her other novels include *The Return of the Goddess, a Divine Comedy; How to Spin Gold, A Woman's Tale;* and *Tales of the Shining Isles,* the prequel to *The Passion of Mary Magdalen.* With Station Hill Press, she has also published a collection of poetry Small Bird, Poems & Prayers. Cunningham is currently at work on the third and final volume of The Maeve Chronicles, Bright Dark Madonna.

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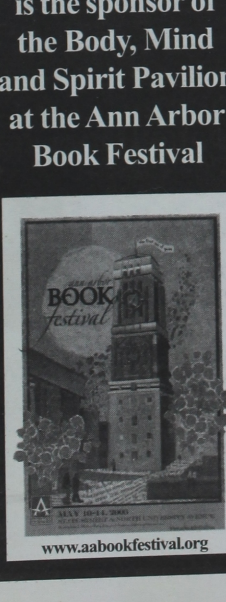

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The Ann Arbor Book Festival • Saturday, May 13th

Come to the Body, Mind and Spirit Pavilion which will be shared by Crazy Wisdom Bookstore, Common Language Bookstore, Jewel Heart Tibetan Buddhist Center and Earth Wisdom Music.

(The Book Festival takes place at the State Street and N. University Street corner of the U-M Campus.)

Authors Presentations - Saturday, May 13th at the Body, Mind & Spirit Pavilion

11 AM - Gaye Mack, author of *Making Complementary Therapies Work for You.*
There any many reasons for seeking to supplement conventional treatment, but the massive array of complementary therapies is bewildering. This is a book designed to make the choice of complementary therapy simpler, and to enrich the patient-healer relationship.

12 Noon - Charlene Proctor, author of *Let Your Goddess Grow!: 7 Spiritual Lessons on Female Power and Positive Thinking.*
In this book of women's wisdom, Charlene M. Proctor, Ph.D. teaches you how to replace old, negative thought patterns with powerful ideas. *Let Your Goddess Grow!* gently leads you to the concept of the divine feminine and explains why both men and women need more of Her.

1 PM - Judith Wright, author of *The One Decision.*
Why make resolutions you know you won't keep when you can make the one decision that will positively transform your life forever? Have you ever wondered why relatively few people lead truly great lives? The answer: great lives are founded on what author Judith Wright calls The One Decision. In this powerful book, Wright reveals that each of us must make a personal decision about the kind of life we want to live-and allow this simple yet profound choice to become the guiding force for everything we do

2 PM - Jan and Brad Lundy, coauthors of *Perfect Love: How to Find Yours and Make it Last Forever.*
Perfect Love is a profound, yet practical, guide to harnessing the power of Love. Love that can transform your life and the world as you know it. With this invaluable book as your companion, Perfect Love need not elude you any longer!

3 PM - Julie Tallard Johnson, author of *Spiritual Journaling: Writing Your Way to Independence.*
A guide for teens and young adults on the power of creative journaling and its role in enhancing self-discovery and self-awareness. Most teens and young adults search for ways to express their individuality and to discover who they are, without being judged. In Spiritual Journaling Julie Tallard Johnson shows that journaling is an informative and supportive outlet for the joys, frustrations, and questions that arise for those making the transition toward their own independent ideas and lives--and a powerful tool for awakening creative potential.

4 PM - Harold Rothbart, author of *Brooklyn Boy: Memories, Thoughts, Experiences.*
Harold Rothbart has written a marvelous collection of mini-stories which encompass life experiences from his childhood years to adulthood. We get glimpses into many interesting characters such as Miami Jack, Pacey, Sid the cop, the Judge, Frenchy, boyhood friends and others. His intersections with prominent people and President Bill Clinton make for interesting reading as well.

Crazy Wisdom will also have Intuitive/Psychic Readers and Tarot Readers at the Pavilion.

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